

# Ithaca Oral Surgery and Implant Center

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Not an NY Article 28

## Post-Operative Instructions for Intraoral Biopsy

### Medications:

- Take prescribed medications as directed or use **ibuprofen if okay with your doctor**, for mild to moderate discomfort.
- It is beneficial to take your pain medication before your numbness wears off.
- Do not take pain medication on an empty stomach or you may become nauseated.
- Do not consume alcohol or drive when taking prescribed pain medication.

### Swelling:

- Apply ice to jaws for 5 minutes on/10 minutes off for 4 to 6 hours.
- If the biopsy was inside the mouth, ice chips or very cold liquid is soothing on the first day.
- Replace ice in the bag as needed, wrapping a towel or cloth around it.
- Maximum swelling is expected within 36-48 hours and last for several days.
- Ice after 48 is not beneficial.

### Diet:

- Begin with clear liquids then progress to full liquids (milk products such as milkshakes or cream soups) until the feeling returns, then advance to a soft to normal diet as tolerated.
- **Note that at first hot temperatures are not felt due to numbness.**
- Avoid acidic foods (pickles, lemonade) and difficult foods to chew such as pretzels, popcorn, chips, ect.
- Eating cool foods may be better tolerated.

### Oral Hygiene:

- If sutures were placed inside your mouth, they will dissolve or fall out in 1 to 2 weeks.
- **Avoid spitting, sucking through a straw or smoking for 48 hours!!!!!!**
- Rinse mouth out with warm salt water (1/2 teaspoon salt dissolved in a glass of warm water) 3 to 4 times a day starting in the evening after surgery (NEXT DAY).
- Brush your teeth TWICE A DAY gently as tolerated.
- **ANY QUESTIONS CALL US AT (607)273-0327    Ithacaimplants.com**

