

## **Oral biopsy/Lip biopsy Instructions**

You may have absorbable sutures that do not need to be removed. Your doctor will let you know. Absorbable stitches can fall out in days, and sometimes can take over a week to fall out. If you do not have absorbable sutures, you will need to return to the clinic in about 1 week for removal and wound check as well as go over any pathology if needed. It is important that you follow instructions to get a great result after your procedure!

Rinse and spit with warm salt water at least 3 times a day, preferably after meals and at bedtime. Be mindful of any stitches when you brush your teeth, so be gentle, but continue to practice good dental hygiene, as this cuts down on the amount of bacteria in your mouth that will adversely affect your wound healing. If you smoke, please refrain from it, or better yet, try to quit! Smoking can decrease your ability to heal and make you at risk for infections. Try to avoid playing with your stitches or your biopsy site with your tongue as much as possible. Avoid wide mouth openings if you had a lip biopsy as well as spicy, hot, or acidic foods (oranges, tomatoes, jalapenos) until things heal. You may use a cold compress over your incision as needed for the first 72 hours.

Finish your antibiotics and take your pain medications as needed. No driving while on narcotic pain medications (hydrocodone, Tylenol #3, etc.), as these medications can make you sleepy. Narcotic pain medications can also cause nausea and vomiting and make you feel lightheaded. If you have only mild to moderate pain or want to avoid narcotics, take extra strength Tylenol (Tylenol) or Advil (ibuprofen) instead.

Call our office if you have any questions or if you develop worsening pain, drainage, bleeding or redness to your incision site.