

PATIENT GUIDE FOR INTRAORAL BIOSPY SURGERY

POST-OPERATIVE INSTRUCTIONS:

1. **You may need to apply pressure to surgical site with gauze for** 30-45 minutes, if oozing persists, replace gauze packs for another 45-60 minutes. If bleeding persists or becomes heavy you may **substitute a tea bag** (soaked in cool water, squeezed damp-dry and wrapped in moist gauze) for 20-30 minutes. If bleeding remains uncontrolled, please call the office.
2. **Elevate your head** and back using several pillows. This is important for the first few days after surgery. This reduces the amount of swelling and discomfort you will experience.
3. **Begin oral hygiene** (brushing your teeth with a small amount of toothpaste) the **night of surgery**. Use **salt water rinse** to keep the suture lines and wound clean. Use 1/4 tsp. salt dissolved in an 8 ounce glass of warm water, rinse gently with a mouthful of this solution 4-5 times a day. **Do not use peroxide** or any mouthwash for the first 7 days.
4. **Diet**-First day: a clear liquid or pureed diet is recommended, nothing hot. Eat any nourishing food that can be taken with comfort. On the day following surgery advance your diet from soft, blenderized foods (mashed potatoes, smoothies, milkshakes, scrambled eggs, oatmeal, poi) to a regular diet as tolerated.
5. **Medications**- depending on the nature of your surgery you may be given the following prescription(s):
Pain medication (Percocet, Norco etc.) if necessary take one tablet when you arrive at home. Additional tablets may be taken one every 4-6 hours as needed for pain. CAUTION: do not drive or operate machinery while taking pain medications
Ibuprofen (Motrin, Advil) may be taken (with food) every 6 hours as needed. Stop taking this if you begin to feel any discomfort in your stomach.
Antibiotics- You may be given a prescription for antibiotics. Depending upon the type of antibiotic prescribed, you will be taking one tablet 2, 3, or 4 times a day. The important point is that you must take them until they are gone.

Aphthous mix may be prescribed to you, this will need to be compounded at Mina or Malama Pharmacy.

6. **Activity:** (A) During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed. However, you should rest when tired.
(B) Avoid bending over or lifting more than 5 pounds during the first few days.
(C) Take extra precautions to protect your face and neck from bumps, hits or injuries for at least 2 days after your surgery.
(D) **Sports**- No swimming, gym, or strenuous activities for the first several days. **NO surfing or diving for the first week.**

For the first week following surgery, DO NOT:

Sneeze-if you must, do so with your mouth open
Smoke
Use peroxide or mouthwash

if you have any questions or problems, do not
hesitate to contact our office for assistance
at **326-2040**

DR. HIRANAKA CAN BE REACHED AFTER HOURS AT 322-0202

I have read and understand the above instructions; my questions have been answered by the nurse and/or doctor. I agree to comply with these instructions. A copy of these instructions were given to the patient for reference.