

## After a Biopsy in your Mouth

### What to expect

You have had a biopsy in your mouth. It is normal to experience some swelling, bruising or stiffness around the site of the surgery.

You will have been given some local anaesthetic to numb the site, this can take a number of hours to wear off. Once the anaesthetic wears off, the biopsy site can be uncomfortable or painful for a few days.

### For the rest of the day after your surgery

#### Do

- ✓ Rest
- ✓ Take painkillers regularly
- ✓ Keep to a softer diet
- ✓ Brush your teeth

#### Avoid

- ✗ Alcohol
- ✗ Smoking
- ✗ Exercise
- ✗ Very hot foods
- ✗ Very hot drinks
- ✗ Very crispy or chewy foods
- ✗ Vigorous mouth washing
- ✗ Chewing your lip or cheek whilst you are numb

### On the day after your surgery

#### Do

- ✓ Brush your teeth and keep your mouth clean, especially in the area of your operation and stitches.
- ✓ Continue to take painkillers, if needed.
- ✓ Use a mouthwash – either salt water or chlorhexidine 0.2% mouthwash can be used.

#### Salt water

¼ teaspoon of salt dissolved in one tumbler full of warm water rinsed around the mouth for one minute, every 4 to 6 hours from the day after surgery for 7 days.

#### Chlorhexidine 0.2% mouthwash

Rinse for one minute, three times a day, after meals from the day after surgery for 7 days.

**Using a mouthwash is not a substitute for tooth brushing.**

### Stitches

The stitches used are dissolving (unless you are informed otherwise). They may last from a couple of days to a few weeks.

### Bleeding

You may have blood stained saliva in your mouth after surgery, this is normal.

If the area bleeds or oozes, this can be controlled with pressure. Roll up a clean cotton handkerchief or swab, dampen it and place over the bleeding point. Apply pressure or bite down on the area for half an hour while sitting in an upright position. Sit quietly in an upright position for a further hour after the bleeding has stopped.

If the bleeding continues or you have any concerns please follow the **What should I do if there is a problem?** advice at the end of this leaflet.

## Biopsy results

You will either be asked to attend the department again for the results of your biopsy or the results will be sent to your doctor. You will receive a copy of the letter sent to your doctor if you are not given a review appointment.

Often we do not need to see you again.

## What should I do if there is a problem?

If you have problems following treatment, please call one of the numbers listed below.

Monday to Friday, 0900-1700 hours

01392 402216

01392 403711

01392 403320

### Out of Hours

For emergency advice regarding increasing swelling or bleeding, please contact or visit your GP or attend the Emergency Department.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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