

# POND SQUARE DENTAL

## Oral Biopsy Aftercare

### What to do following your procedure

#### For the first 24 hours

Please:

- Rest and avoid strenuous exercise.
- Do not rinse your mouth vigorously.
- Avoid hot drinks and hot food until the numbness has worn off.
- Avoid alcohol and smoking, as these can delay healing and increase the risk of bleeding.
- Eat soft, cool foods and chew away from the biopsy area where possible.
- Take care not to bite your lip, cheek or tongue while the area is still numb.

Avoid disturbing the biopsy site with your fingers or tongue.

#### Pain relief

Once the local anaesthetic wears off, the area may feel sore. You may take your usual over-the-counter pain relief, following the instructions on the packet.

#### Bleeding

A small amount of bleeding or blood-stained saliva can be normal.

If bleeding starts:

1. Sit upright and stay calm.
2. Place clean gauze, a clean handkerchief or a damp clean cloth directly over the area.
3. Apply firm pressure for **15–20 minutes** without checking repeatedly.
4. Repeat once if needed.

Contact the practice or seek urgent advice if bleeding is heavy, does not slow after firm pressure, or you are worried.

#### Mouth rinsing

Do not rinse vigorously on the day of the procedure.

From the next day, gently rinse your mouth with warm salty water after meals to help keep the area clean. Use one teaspoon of salt in a cup of warm water. Let the water gently bathe the area, then allow it to fall out of your mouth rather than spitting forcefully.

#### Stitches

You may have stitches in the area. Some stitches dissolve on their own, while others need to be removed. Your dentist will let you know which type has been used.

**LOVE YOUR SMILE**

It is normal for dissolvable stitches to loosen as healing takes place.

### **Eating and drinking**

For the first day, choose soft foods.

Avoid:

- Very hot food or drinks.
- Spicy, sharp or crunchy foods.
- Hard foods that may catch on the wound.
- Drinking through a straw for the first 24 hours.

Drink plenty of fluids.

### **Brushing your teeth**

Continue brushing your teeth as normal, but be gentle around the biopsy area. Keeping your mouth clean helps healing and reduces the risk of infection.

### **Swelling and bruising**

Some swelling or bruising can occur and may be more noticeable over the next 2–3 days. This should then gradually improve.

### **When to contact us**

Please contact us if you have:

- Bleeding that does not stop after firm pressure.
- Increasing pain after 2–3 days.
- Swelling that is getting worse rather than improving.
- A bad taste, pus, fever, or feeling generally unwell.
- Difficulty swallowing or opening your mouth.
- Any concern about how the area is healing.

For urgent medical help outside dental opening hours, contact **NHS 111**. If you have severe bleeding, breathing difficulty, or rapidly increasing swelling, seek emergency help immediately.

### **Results and follow-up**

Your biopsy sample will be sent to a laboratory for examination. Results can take a few weeks. We will contact you when your results are available and arrange any follow-up appointment if needed.

## **LOVE YOUR SMILE**