



**David P. Mueller, D.D.S., F.A.B.O.M.S.**  
FACIAL COSMETIC SURGERY & ORAL MAXILLOFACIAL SURGERY

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Diplomat, American Board of Oral & Maxillofacial Surgery & American Academy of Cosmetic Surgery

**Post Operative Instructions for ORAL Biopsy's**

If you have a biopsy inside your mouth you will need to moisten your gauze, squeeze out excess water then place gauze to site to apply pressure for bleeding to stop.

Remove the gauze before trying to eat or drink anything.

Should you have absorbing sutures to area they will dissolve in about 7-10 days. You will be informed should you have non-absorbing sutures, and a post operative appointment will be required for Dr. Mueller to remove them.

If you have had sedation for your procedure, you may NOT operate a motor vehicle or any hazardous device for at least 24 hours following surgery. The same rule applies if you are taking narcotic pain medicine.

Remember that any sports or any other activity will speed up your heart rate and promote bleeding. Please refrain from physical activity for 48 hours.

Start with a soft diet, (Example, mashed potatoes, soft pasta, scrambled eggs, etc.) then gradually increase your diet as tolerated. (Nothing hard or crunchy for several days. Example, chips, nuts, crackers, etc.)

Swelling is a normal part of any surgery. Place ICE to the affected area for 20 minutes on then 20 minutes off for the next 48 hours. If you had a procedure involving your tongue or roof of your mouth, sucking on ice chips periodically will help.

We recommend warm saltwater rinses starting the day of surgery. Take 1/4 teaspoon of salt in and 8 oz glass of warm water and gently rinse your mouth 2-3 times a day and after every meal. This helps promote healing. Also brush your teeth as normal, just be careful around the biopsy.

If you were given prescription medications, please take them as directed. Antibiotics should be taken until they are all gone.

Should you have any problems or questions please feel free to call our office at (757) 496-8066