



Vintage**Surgical**Specialists

## Instructions And Suggestions For Patients Following Biopsy

Some pain and swelling is to be expected. You can reduce discomfort and help healing by adopting the following measures:

- Should there be any bleeding, unwrap the sterile gauze pad supplied, place over the bleeding area and apply firm pressure for at least 20 minutes.
- Take antibiotics as prescribed. (Yoghurt taken twice a day reduces gastric symptoms). Note: antibiotics can reduce the effectiveness of oral contraceptives.
- Take analgesics as prescribed.
- Rest for the remainder of the day.
- Salt water mouth washes should commence the day following surgery. Use one half teaspoon of salt in a glass of warm water – rinse the mouth out vigorously (especially around the operation site) several times. This should be repeated 4 or more times a day for at least one week.
- Clean teeth, gums and tongue with a small toothbrush and toothpaste. This is to be carried out on waking, after meals and before retiring at night. This will cause some discomfort for a while, but you will have a clean mouth and this prevents bad breath and infection. 5ml of 2% Chlorhexidine mouthwash (e.g. Savacol) can be mixed with 5ml of water and can be used three times daily after meals in addition to brushing and salty mouthwashes.
- If you have dentures they should be worn according to the instructions given by the surgeon. Dentures should be cleaned after every meal and before retiring.
- Drink plenty of fluids and eat only soft foods, avoiding anything hot (see diet brochure). It is important to have plenty of fluids e.g. fruit juices, sweetened milk drinks. Sustagen, available from your chemist, can provide a complete liquid diet. If there are any problems arising out of the surgery or medication, please contact us at the number on (02) 9262 9318.
- Medical certificates can be provided on request.
- Do not drink alcohol or smoke during the healing period.
- Apply Vaseline to the lips for the first few days.