

POST-OPERATIVE CARE FOLLOWING BIOPSY

1. Immediately following surgery, keep gauze over biopsy site for 30 to 45 minutes.
 2. Avoid forceful blowing of the nose, sneezing, spitting or vigorous rinsing for 24 hours following surgery.
 3. Twenty-four hours after surgery, rinse mouth with warm salt water (1/2 teaspoon of salt to a full glass of warm water) after meals and at bedtime.
 4. Swelling in area of surgical site may occur. This is the body's normal reaction and usually subsides in several days. To reduce post-operative swelling, apply ice to the area(10 minutes on and off). Do this only for the first 8 hours following surgery.
 5. Discoloration of the skin may occur following the swelling. This is a normal post-operative event, especially in those who bruise easily.
 6. Numbness of the lip, chin, and/or tongue occasionally follows oral surgery. This is usually temporary. Please be careful to not bite your lip, cheek or tongue. Should numbness occur, please advise doctor of this on your post-operative visit.
 7. For discomfort, take medicine as prescribed
 8. Nourishment is essential for healing. Drink plenty of liquids and increase to more solid foods when able. Avoid the surgical area.
 9. Gentle brushing with toothpaste can be done 12 hours after surgery.
 10. Sutures may have been placed to minimize post-operative bleeding. These may dissolve on their own or be removed on your post-operative visit.
 11. The pathology report will be reviewed with you on your post-operative visit.
 12. **Do not** use peroxide or mouthwash containing peroxide.
 13. Please notify the office of any unusual occurrences at 410-543-1675. If unable to get through to our answering service after hours, contact the PRMC operator at 410-546-6400, and Dr. Ascher will be contacted.
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POST OPERATIVE CARE FOLLOWING EXTRACTION OF TEETH

1. **Immediately after surgery**, keep gauze pads over extraction site and apply biting pressure for 30 to 45 minutes.
2. **Avoid forceful** blowing of the nose, sneezing, spitting out or vigorous rinsing during the first day of surgery.
3. **Some oozing may occur** on the first and second days following surgery. This is normal. If large amounts of blood are coming from extraction site wipe off any old clot, place moist tea bag in area and apply biting pressure. If this persists, call office.
4. **Twenty-four hours after surgery**, rinse mouth with warm salt water(1/2 teaspoon of salt to a full glass of warm water). It is important to do this after meals and at bedtime. Do not rinse if bleeding from surgical site.
5. **Swelling** around the mouth, cheeks, eyes and neck may follow extractions. This is the body's normal reaction and the swelling usually subsides in several days. To reduce swelling, apply ice to the face (10 minutes on and 10 minutes off) for the first 24 hours following surgery.
6. **To minimize** stiffness and to stimulate circulation, exercise jaw periodically by opening and closing after the first 24 hours. Warm moist compresses may also help.
7. **Discoloration** of the skin may follow swelling. The purplish color may spread from the skin around the mouth and cheeks to the skin of the neck. This is a perfectly normal post-operative event, especially in individuals who bruise easily.
8. **Numbness** of the lip, chin, and/or tongue occasionally follows oral surgery. This is usually transient, but use care to avoid biting lip, tongue or other injury. Advise surgeon of this on your post-operative visit.
9. **For discomfort take medication as prescribed.**
10. **Nourishment** is essential for healing. Drink plenty of liquids (soups or juices) and take more solid foods as you are able.
11. Occasionally after teeth are extracted bone particles work out. They may be easily removed in the office if necessary.
12. **Oral hygiene:** Remove all white film from the gums by means of a cotton swab or piece of gauze. Gentle tooth-brushing can be done 12 hours after surgery.
13. **Sutures** may have been placed. They may either dissolve or will be removed on follow-up.
14. **Do not** use peroxide or mouthwash containing peroxide.
15. **Do not** smoke or use a straw for several days following surgery.

Please notify office of any unusual occurrences or questions at 410-543-1675. If unable to get through to our answering service after hours, contact the PRMC operator at 410-546-6400, and Dr. Ascher will be contacted.
