

Discharge Instructions: Oral Cavity, Mouth, or Tongue Biopsy

What To Expect

- You will have a small wound in your mouth, and the incision may have stitches.
- A small amount of bleeding/oozing is normal for the first 1-2 days. You may bleed longer if you take a blood thinner like aspirin, warfarin, or Xarelto®.

Wound Care

- Avoid acidic or caustic foods (tomato sauce, orange juice, citrus fruits, coffee, and alcohol) for the first few days.
- Rinse your mouth and gently gargle with warm water 3 times a day.

Pain Control

- Bland foods (like yogurt, bread, rice, milk) cause less irritation and less discomfort when eating.
- Generally, over the counter Tylenol® (acetaminophen) will be enough for manage the majority of your pain. Please take as directed on the bottle.
- If your pain is not controlled with other measures, we can prescribe a lidocaine-based oral medication, which numbs the tissues, or an opioid medication. Usually, these are not needed, and you do not have to use either if you are not having pain.

Recovery

- Your mouth tends to heal faster than other parts of your body but allow 3-4 days for pain and discomfort to start to improve.
- You may resume your normal daily activities the day after surgery.
- No driving if you are taking opioid pain medication.

Call Us If...

- you develop severe, uncontrolled pain where you had surgery
- you experience bleeding that does not stop after putting pressure on the area
- the area around the incision or biopsy site becomes inflamed (red, swollen, tender, hot)
- you have a fever of 101°F (38°C) or higher

Call the Head and Neck Center at **716-845-8186**. The center is open Monday – Friday, 8am – 5 pm. After hours, your call will be answered by our Call Center. You can also call Roswell Park 24/7 at **716-845-2300**.