

For the first one to two days you should eat soft food and move on to solid foods when you can chew comfortably. Your nurse will give you gauze to take home in case you experience any bleeding. Please wet and bite on it for 30 minutes if you experience any bleeding.

If you have stitches, these will dissolve so they do not need to be removed. They normally take 10-14 days to disappear, although some might dissolve more quickly.

Rest and Activity

We advise you to avoid strenuous exercises for 24 -48hrs after your procedure, either at work or during your leisure time.

Please avoid smoking minimum 24hrs before surgery and one week after procedure.

Do I need to take any time off work?

Depending on the type of work you do and the biopsy you have had, you may prefer to take the rest of the day off.

Post-Operative Instructions:

Please contact the hospital booking team to arrange your post-operative follow up appointment in one week's time.

Telephone numbers can be found at www.lukecascarini.com

Should you have a post-operative concern, please email pa.consultants@hcahealthcare.co.uk within normal office hours. Outside of office hours, please contact the hospital.

Outside of office hours

Please note that there is a comprehensive out of hours service for our patients post operatively. The following instructions should be followed outside of working hours for any medical situation that requires urgent attention, but which IS NOT a life-threatening situation.

Contact the hospital where you were treated, and they will be able to provide medical advice or arrange for a doctor to see you if required.

The Wellington Hospital

Day Case Unit number is 0203 214 3643 (4th Floor PMC). If the Day Case unit is closed, then Switchboard is 0203 733 5344 and they will bleep Duty Manager.

The London Bridge Hospital

HCA LBH at Guys Reception Desk on 0203 905 4000 and ask to be put through to the duty manager (Ext 48400).

The BMI Sloane Hospital

Main hospital number, 020 8466 4000, then option 4 - (for all other enquiries)

Private Consulting Rooms:

The Platinum Medical Centre
15 - 17 Lodge Road, St John's Wood
London, NW8 7JA
Appointments: 0207 483 5148

The Shard, London Bridge Hospital
St Thomas Street,
London, SE1 9BS
Appointments: 0207 234 2009

The Sloane BMI Hospital
125 Albemarle Road, Beckenham
Kent, BR3 5HS
Appointments: 0208 466 4050

ORAL SURGERY POST-OPERATIVE INFORMATION SHEET



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**Consultant Oral &
Maxillofacial,
Head & Neck Surgeon**

This leaflet aims to answer the common questions raised by patients requiring oral biopsies.

What is a biopsy?

A biopsy is used to help us diagnose an abnormal condition. We remove a small piece of tissue, so it can be examined under a microscope. Occasionally it may be necessary to use stitches to help the area heal.

Why do I need this procedure?

We often undertake a biopsy when we are uncertain of the cause or pathology of an oral lesion. Sometimes, by doing a biopsy, we completely remove the diseased area and so, cure the problem.

What happens before the procedure?

We will give you a local anaesthetic injection around the area which is being biopsied. This takes only a few minutes to work and numbs the area, so that you will not feel pain during the procedure. Sometimes, we may also give you intravenous sedation. This involves having an injection in your arm, and makes you feel relaxed, sleepy and less aware of the procedure. If you are very anxious and frightened about having a biopsy, you can ask to be sedated. Sedation is undertaken in theatre, however, and not in outpatients.

What are the benefits of the procedure?

A biopsy can help us to:

- diagnose many conditions to find out exactly what is wrong with you
- confirm a diagnosis that we already suspect because of other tests
- measure how serious your condition is.

Do I need to prepare for the procedure?

Take all your medications as normal and tell the Consultant treating you the medicines you are taking. Eat and drink normally and do not miss meals.

Consent

We must by law obtain your consent for treatment. Your Consultant will explain all the risks, benefits and alternatives before they ask you to give consent. If you are unsure about any aspect of the treatment proposed, please ask your Consultant.

What happens during the procedure?

How we do your biopsy depends on the type of tissue sample we want and from where we take it.

Scraping cells – in some cases, simply taking a scraping of the surface layer of cells on the lining of your mouth gives us a big enough sample to be look at. This can be uncomfortable, but not painful, so you will not need an anaesthetic.

Incisional biopsy – this is a sample of the surface of the lining of your mouth which we use to diagnose mouth conditions.

Your Consultant will use a small, sharp medical knife (scalpel) to remove a small amount of the surface lining of your mouth. They then stitch the wound back together. We will usually give you a local anaesthetic to numb the area.

Needle biopsy – this involves taking a sample of tissue from under the surface of your skin. To do this, your Consultant uses a special needle. They push it through your skin into the area which they want to look at and use it to suck out some tissue. We will usually give you a local anaesthetic to numb the area.

Excision biopsy – this involves surgery to remove a larger area of a tissue usually a lump which needs to be examined. We will usually give you a local anaesthetic and sometimes intravenous sedation as well.

Bone biopsy – we use this to diagnose abnormal conditions affecting bone. Your Consultant will take a sample of bone

after making a small cut in your gum. They will then stitch the cut together.

How long will the procedure take?

It depends on the type of biopsy you are having. Most take about 15 minutes.

What happens after the procedure?

General Anaesthesia or Local anaesthetic with sedation

Following a general anaesthetic or sedation, we advise you not to consume alcohol, to avoid signing legal documents, avoid using or operating machinery and driving for a minimum of 24 hours. You must be able to perform an emergency stop safely and confidently.

If you are a day case patient, please arrange for a responsible adult to collect you and escort you home.

Pain Relief

It's very common to have some discomfort and swelling/bruising post operatively. You will be prescribed pain relief to take home. You should use regular painkillers for the first few days following surgery, or as advised. If you receive codeine as a painkiller, please be aware that it causes constipation. We suggest that you take prune juice or over the counter laxatives if you are taking codeine regularly to prevent constipation.

Healing/Wound Care

Your consultant might prescribe antibiotics post-operatively to minimise the risk of infection. Please do not rinse until the day after your biopsy and avoid aggressive nose blowing. Rinse your mouth using a solution of hot salty water after every meal for the following seven days, starting 24 hours after the biopsy. Simply dissolve a teaspoon of table salt in a cup of warm water and rinse gently.

Please avoid eating or drinking hot drinks while your mouth/tongue/lips are numb and allow all meals and drinks to cool to room temperature.