

# Mouth Biopsy

## What to do after your Mouth Biopsy

- You need to look after yourself carefully, to speed up healing and prevent infection.
- General Advice:
- For the first 24 hours, don't drink alcohol, eat hot food or disturb the operation site. Don't smoke and avoid strenuous exercise for the rest of the day.
- Don't rinse your mouth for the rest of the day and after this time gently rinse with warm salty water to keep the area clean. (If you have been given a special mouthwash, please follow the instructions on the label.)
- Brush your teeth normally with toothpaste to keep the whole mouth clean but take care in the region where the biopsy was performed.
- Some swelling or discomfort in the first 2-3 days is normal.
- Take painkillers if you need them, your clinician will recommend pain relief
- Always read the label for directions, especially if you take other medications or have been given prescription pain relief.
- Some oozing inside the mouth is normal for the first day and is usually controlled with firm pressure, your surgeon may supply you with gauze in case this happens. If not, clean cotton handkerchiefs will do but do not use paper tissues.
- Stiches which are dissolvable may take up to 3 weeks to disappear. If you have other stitches then a follow-up appointment will be made for you to have them removed.
- If you follow these instructions, the site should heal normally without any problems. If anything worries you please [contact our reception team](#).

