

Any complaints or comments?

If you have any problems or comments on the service provided please contact the doctor or nurses straight away on the telephone number on the back of this leaflet.

Or write to the Maxillofacial Department,
The Royal Surrey County Hospital,
Egerton Road, Guildford, Surrey, GU2 7XX.

Reference source

www.BAOMS.org.uk

Contact details

For further information or advice please telephone **01483 571122** and ask for the on-call Maxillofacial doctor.

Maxillo Facial Clinic **01483 406775**

Day Surgery

Telephone: 01483 406783

Telephone: 01483 406784 (answering machine)

Surgical Short Stay

Telephone: 01483 406828

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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What to do after a mouth biopsy



Oral & Maxillofacial Surgery Department

Including Day Surgery and
Surgical Short Stay

What should I do after the operation when I get home?

- Take your painkilling tablets regularly.
- The numbness from the local anaesthetic will last for up to 3 hours. You can eat when it has worn off. Something soft and easy to chew is best. You can drink when you like but don't take anything too hot. Be careful not to bite the area when you start eating. Some foods might sting for the first 24 hours – salty, fruity and spicy – so avoid them if you can.
- Try not to play with the operation site or the stitches with your tongue or touch it with your fingers.
- Do not rinse your mouth out – the wound might start bleeding. Do not keep spitting out, just swallow as normal.
- After the operation we suggest you go home and rest for the day. It is not a good idea to rush back to work or to the shops.
- If you are taking painkilling tablets do not drink any alcohol.
- Do not smoke for at least 48 hours (Smoking will increase the risk of an infection).
- Try and avoid talking for the first few hours – this will allow the wound to start healing. This is especially important if the biopsy was from your tongue.

What about the next day?

- Use warm, salty water to rinse your mouth after meals and before going to bed. (Dissolve a teaspoon of kitchen salt in a cup of warm water). Rinses will help to keep the wound clean while it heals up. Use them for at least 3-4 days.
- You can use your toothbrush to keep your teeth clean as usual. Just take extra care near any wounds or stitches.
- You may still need a mild painkilling tablet. As the pain eases off cut down on the tablets.
- Stitches take up to two weeks to dissolve and come out. Don't worry if you swallow them, they will do you no harm.

Are there problems to look out for?

- **Bleeding:** there may be a slight trickle of blood for a few hours after the operation. If it starts to bleed when you are at home put some pressure over the stitches with one of the gauze squares you have been given. Fold the gauze up and dampen it under the tap then apply constant, even pressure over the wound for at least 15 minutes.

What should I expect afterwards?

- **Pain:** there will be some pain and discomfort once the numbness has worn off. You may need to take some mild, painkilling tablets for the first 24 hours.
- **Swelling:** there is usually some swelling which will get better after the first 2-3 days.
- **Work/Sport:** you should take the day of operation off work but should be able to return to normal working and sport activities the day afterwards.
- **Healing:** the wound we made when taking the sample will heal over the next few weeks. Once the stitches fall out you might find the area looks like a mouth ulcer then it will return to normal or as it was before the operation.

Will I need another appointment?

Some patients will be given an appointment to return to the Maxillofacial clinic to receive the results of the biopsy test and to check the operation site and ensure that it has healed fully. Not everyone needs to be seen again and we will tell you if this is the case. We will then write to you and your doctor/dentist with the results of any biopsy test.

In the case of an emergency

The on-call Maxillofacial doctor can be contacted through the hospital switchboard on

Telephone: 01483 571122