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Postoperative Care Following a Biopsy

1. Soft diet for next three (3) days
2. Avoid spicy foods and alcoholic beverages.
3. Avoid eating hard foods or other large bites such as biting into a whole apple or a sandwich that could result in stretching the incision sutures (stitches).
4. If the surgical site is on the outer lip, keep it lubricated with an appropriate ointment such as Neosporin or Vaseline.
5. If the incision is on the lip, apply an ice pack to minimize swelling. Apply alternately for thirty minutes on, thirty minutes off for next 24 hours. (You don't need to sleep with the ice pack or get up in the night to use it.)
6. Avoid stretching the lips apart to "look at" the incision line.
7. Some stitches are designed to dissolve after a few days. If the stitches come out after a short while, the site will usually heal without any problem. To replace stitches is not necessary and can, in fact, complicate the healing process once it's begun.
8. If you have any questions, feel free to call our office.