

S.C.E.N.T.

Southern California Ear, Nose and Throat
433 E. Wardlow Rd.
Long Beach, CA 90807
Phone: 562.427.0550 Fax: 562.988.8899

**Post-Operative Instructions for
Lip Lesion****Procedure:**

Lip biopsy may be necessary to identify the histopathology of a visible oral lesion or to assist in the diagnosis of a systemic disorder.

If a lesion is noted on the lip or oral mucosa, incisional or excisional biopsy is clinically indicated if concern for malignancy exists. Findings such as red or white discoloration, induration or fixation to deeper tissues, rapid growth, friability, or ulceration should raise concerns for malignancy.

INSTRUCTIONS FOR HOME:

Expectations: After surgery, the patient may experience one or more of the following for up to two weeks after surgery.

- Bleeding and oozing is to be expected. Keep gauze packed firmly over surgery site for about an hour. If bleeding occurs, replace gauze firmly and repeat.
- Swelling may be at its maximum for up to 3 days after surgery. Keep your head elevated, if you are experiencing swelling. Ice packs are also helpful for the first day to relieve swelling.

Care: The evening of your procedure, it is recommended that you begin rinsing your mouth with warm salt water rinses. (1 teaspoon of salt in a glass of warm water). Repeat 3-4 times a day for three days following surgery
Smoking is not recommended after surgery and can be detrimental to your recovery

Diet: The day of your surgery, liquids and soft foods are recommended. Continue on this diet until you are able to chew comfortably

Activity: Normal activities may be resumed as tolerated. School, physical education, and other sports may be resumed at the patients' discretion, unless otherwise instructed by your surgeon.

Medications: Discomfort is to be expected after your surgery. We may recommend the patient take Tylenol for discomfort. Often pain medication is prescribed and should be taken as directed.

DO NOT USE ASPIRIN OR IBUPROFIN PRODUCTS SUCH AS ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS

Follow-Up: Schedule the patient for a follow-up appointment in our office 2-3 weeks after surgery.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550