

BIOPSY

A biopsy is a surgical procedure that obtains tissue from the patient's oral cavity for microscopic examination usually to form a diagnosis and identify the appropriate treatment for an abnormality. A biopsy may be recommended for an oral lesion that has been present for longer than 2 weeks and has not gone away, inflammatory changes in the oral cavity with unknown cause, bony lesions that are not specifically identified by clinical examination and X-rays, or any lesion that has the characteristics of a malignancy.

One of the most common signs that oral cancer is present is noticeable changes of the mucosa, which should normally appear pink and smooth. Your dentist performs oral cancer screenings during your annual examination and will likely note changes as soon as they occur. If a change is present, it may be recommended that your periodontist take a biopsy of the area that is affected, which will then be sent to a laboratory to determine the cause of the change. Once a diagnosis has been reached, your periodontist will discuss treatment options. Fortunately, the majority of pathological changes that occur are not life threatening, however the rate of oral cancer diagnoses is increasing and it is important to catch it as early as possible.

Once the oral pathologist has reviewed the sample a report will be sent back to your periodontist. From there, your periodontist will review the findings with you and determine follow up care as needed.

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What to expect:

- Possible spaces between teeth
- Possible exposure of crown margins
- Sensitive to temperature
- Mild/moderate discomfort
- Inflammation
- Possible gum recession on adjacent teeth
- Possible sutures
- Post-op appointments - to go over Pathology Report
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- Over the counter pain medication as needed
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.