

Appendix 1:

Postbiopsy instructions for the patient

Biopsy is a minor surgical intervention, but some basic instructions are important for you to know and apply.

Bleeding: Some minor bleeding is expected. Your saliva may have a pinkish colour during the first day. If bleeding is heavy, you may apply pressure for several minutes by placing gauze (or even a moist tea bag) over the site of surgery.

Diet: Soft food and warm or cool beverages are acceptable. Avoid biting the biopsy site. Also avoid hot foods and beverages, which may scald the tissue.

Swelling: Soft-tissue swelling may occur and generally peaks after 48 hours. Apply a cold compress over the area if the swelling is bothersome.

Sutures: The sutures ("stitches") will dissolve in about 7 days. Do not attempt to remove the sutures by yourself. Occasionally, a suture may pop off earlier than expected. This is usually not a problem, so long as there is no bleeding.

Analgesics (painkillers): Prescription pain medications are seldom needed. If you are in pain, take the same over-the-counter medication that you would take for a headache, such as acetaminophen (Tylenol).

If you have any questions, you may contact us at: _____

If there is an emergency, you may contact emergency services at: _____