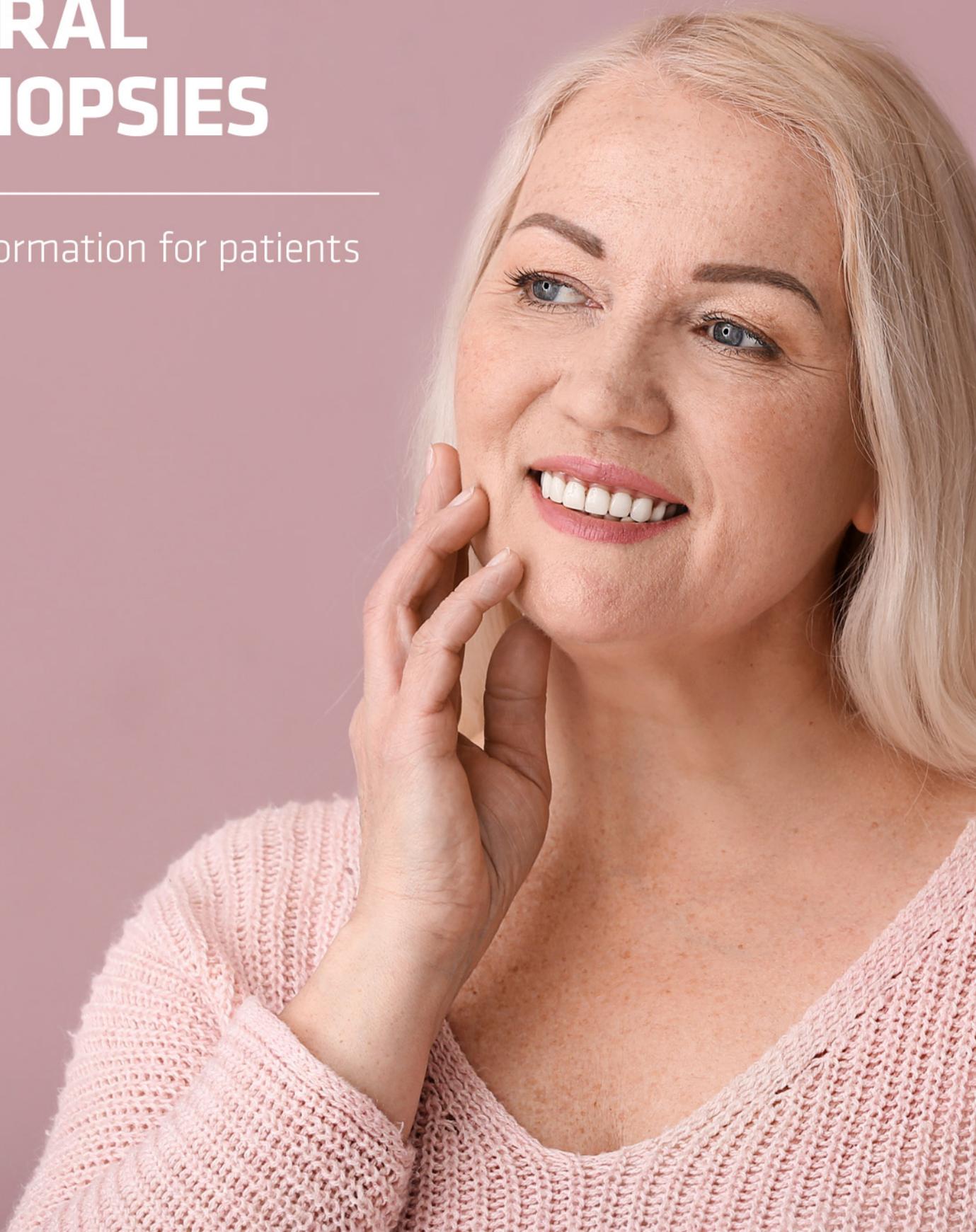




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ORAL BIOPSIES

Information for patients



Oral Biopsies

It has been recommended that you have a biopsy of your mouth.

This leaflet aims to inform you about oral biopsies, how to prepare for your biopsy, what to expect on the day and how to look after your mouth afterwards.

Why do I need a biopsy of my mouth?

An oral biopsy is a procedure used to diagnose conditions that may affect the lining of the mouth. A biopsy is often the only way to diagnose oral lesions and diseases.

A small sample of the affected area is taken, which is then viewed by a Pathologist under a microscope, to provide a diagnosis. This is the best way to ensure the condition is accurately diagnosed and to make sure the correct treatment is offered.

The different types of biopsy...

There are different forms of mouth biopsies depending on the site on the mouth and the amount of lining removed.

Excisional: In this case, the aim is to remove the entire lesion. This is often done when a lesion is quite small and only affects one part of the mouth.

Labial Gland Biopsy: This is a very specific biopsy used to diagnose a condition that affects the salivary glands (small lobules in the lining of the mouth that produce saliva), in patients who suffer from dry mouth. Several tiny glands are removed from the lower lip, via a small incision and the area is closed with dissolvable stitches.

Incisional: This type of biopsy involves a representative sample of the lesion being taken; i.e. only some of the lesion taken. This is done when a lesion affects multiple areas of the mouth or for slightly larger lesions, when removing the entire lesion may be inappropriate at this stage.

Is there anything I need to do beforehand or bring with me on the day?

Please eat as normal before your biopsy and take your regular medication (if you take any). Please bring an up to date list of your medication with you on the day.

What happens when I arrive?

The surgeon carrying out your biopsy will confirm the area of the mouth the biopsy is to be taken from and explain the procedure.

We must seek your consent for any procedure or treatment beforehand. Staff will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

Will I need a general anaesthetic, sedation or local anaesthetic?

The area to be biopsied will be anaesthetised (made numb) using an injection. This is called a local anaesthetic. It is the same type of anaesthetic when you go to the dentist (for filling, teeth out etc).

What does the procedure involve?

The sample will be taken and usually 2-3 dissolvable stitches will be placed to close the area. This helps to stop any bleeding and helps the area to heal. Very occasionally, stitches are not needed and the area will be treated with a Silver Nitrate stick or bipolar diathermy to stop the bleeding and then it will be left to heal.

Once the surgeon is happy that the area has stopped bleeding and you are feeling well, you will be allowed to leave. The whole procedure usually takes approximately 20 minutes.

What will happen afterwards?

You will be given instructions by the surgeon (both verbal and written) on what to expect after the procedure and how to prevent problems.

- You may wish to take simple analgesics (painkillers), such as paracetamol, to control any discomfort. The surgeon can recommend specific painkillers based on your medical history and any medications you may be taking. Always follow the instructions and dosage.
- You may find the area the sample has been taken from feels slightly swollen for a few days; this is normal.
- It is important to keep the area clean to prevent infection. We recommend using a warm salty mouthwash several times per day (made by dissolving a teaspoon of salt in warm water). Begin using mouthwash the day after your biopsy and continue for 4 days.
- **The stitches will usually dissolve in 2-3 weeks, but may take longer depending on the type of suture used.** If a stitch comes out immediately after the procedure it is best to return to have it replaced, however if a few days have passed, there is no need to return.

Is there anything I should look out for when I go home?

Some mild oozing and blood-stained saliva is normal, however, if you experience bleeding that does not stop with firm pressure after 5-20 minutes, you will need to seek help and advice from a dental/medical professional. Details of this will be given on a post-operative information sheet after your treatment.

When can I start normal activities again?

We recommend that you do not participate in any heavy exercise on the same day as your biopsy. You should not drink alcohol on the day of your biopsy. These things can increase the risk of bleeding.

You should avoid smoking for at least 48 hours after the biopsy.

It is likely you will be able to return to work immediately, depending on how strenuous your work is.

How do I get my results?

A review (follow-up) appointment will be made at the time of your biopsy, here you will be informed of your results.

If any treatment is required, this will be discussed and arranged as necessary.

At this review appointment, we will also confirm the biopsy site is healing properly and that any stitches have dissolved or been removed.

Risks & complications:

1. Pain
2. Swelling
3. Bleeding
4. Infection
5. Further surgery

Who can I contact with questions or concerns?

You can contact the clinic on;

 BMI Thornbury : 01142661133

 High Trees : 01143493326

 Occidental : 0114 2780110

or email us on maxfac.njl@icloud.com