After Your Surgery

Minor Salivary Gland Biopsy

Lip Biopsy for Sjogren's Syndrome

CAPITAL ENT & SINUS CENTER

What to Expect

- Temporary swelling of the lower lip.
- Incision pain for a few days. It is usually controlled with over-the-counter pain medication.
- Numbness or a changed feeling in part of the lower lip may occur. This usually improves with time, but occasionally it is long-lasting or permanent.
- The wound is closed with dissolvable sutures. It is fine if the sutures come out early; the wound may just take a few days longer to fully heal.
- The biopsy results are reviewed at your follow-up visit.

What to Do

- Eat soft foods for 2 to 3 days, avoiding spicy, salty or acidic foods, then advance to a regular diet.
- For swelling, a cold pack or frozen peas wrapped in a thin towel on the lip: 15 to 20 minutes on, at least 20 minutes off, as often as you like while awake for the first 48 hours.
- If it bleeds, press firmly with clean, damp gauze for 10 to 15 minutes without peeking.
- Tylenol 1,000 mg every 6 hours (max 4,000 mg a day; 3,000 mg if the package says so or with liver disease) and ibuprofen 400 mg every 8 hours with food, unless we said not to or you have an ulcer or kidney disease.
- You may return to work or school and resume normal activities immediately.

What Not to Do

- Avoid manipulating the sutures with your tongue. This can cause them to come out early.

When to Call or See the Doctor

- Temperature of 101° F+ for over 24 hours or starting 3+ days after the procedure, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Persistent bleeding from the biopsy site.
- Worsening pain or swelling of the lip.
- A small soft lump or blister at the biopsy site.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

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