



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Intraoral biopsy

A biopsy is simply taking a small piece of tissue. The piece of tissue is sent to the pathology laboratory and the pathologist determines the diagnosis.

The three most common sites in the mouth that Dr Hall biopsies are the tongue, the inside of the cheek and the tonsil. Other areas also sometimes require a biopsy.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.

What to expect?

The biopsy is done under local anaesthetic in the clinic. You are awake but the area of interest will be numb (just like when you have a filling at the dentist). Dr Hall will spray some local anaesthetic spray onto the area that is going to be biopsied. After a few minutes some local anaesthetic is injected into the area. After a few more minutes the area will be numb. You will not feel any pain but you will still feel touching and pulling. Dr Hall will test the area to make sure it is numb before proceeding.

A small piece of tissue is taken and sent to the laboratory. Any bleeding is controlled with silver nitrate cautery, this seals any blood vessels. A single dissolvable suture is placed.

The site of the biopsy will be sore and swollen for about 5 days. If the biopsy is from your tongue you may notice some change eating and speaking for a few days. As the swelling goes down eating and speech will improve.

How can you care for yourself at home?

Activity

- As there is no sedation it is safe to drive after your biopsy.
- In order to reduce the chance of bleeding, avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for 2-3 days after your biopsy

What should I eat after my biopsy?

- Eat whatever you feel comfortable eating. Some people are able to eat their usual diet while other people prefer to eat soft food for a few days.

Salt water mouth wash:

- For the next 7 days, after each and every meal, rinse your mouth out with warm, salty water. Remember to spit out the salty water, do not swallow it. A salt water mouth wash can easily be made with half a teaspoon of salt dissolved in a cup of warm water.

Pain medicines:

- Dr Hall recommends simple pain medication such as paracetamol (Panadol) and ibuprofen (Brufen). It is best to take regular pain medication for two days following the biopsy.

Problems

- Very occasionally troublesome bleeding may occur, but this is unusual.

When do I get my results?

- Usually, the pathologist sends a typed signed report to Dr Hall about one to two weeks after the surgery. Occasionally it may take the pathologist longer to issue a report either because of the complexity of your case or because of a higher than usual workload. Dr Hall will contact you by phone or text once he receives the pathologist's report in his inbox. He will advise you what the next step is to manage your condition.

Any problems call or text Dr Francis Hall on 021 733 677

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