

Maxillofacial Unit

One Stop Clinic – Oral Biopsy

This leaflet has been designed to improve your understanding of any forthcoming treatment and contains answers to many of the commonly asked questions. If you have any other questions that the leaflet does not answer or would like further explanation, please ask.

What is a One Stop Clinic?

You have been referred in for a lesion in your mouth. This could range from a red or white area, an ulcer or a simple oral lump.

A one stop clinic will allow you to meet your clinician, have a consultation and examination of the area, and where suitable a simple procedure will be performed at the same visit. This may involve a small sample of the area being taken or the area being removed where appropriate (a biopsy).

This is called a **One Stop Clinic** because the aim is to complete both the consultation and any necessary tests or treatment in one appointment, reducing the need for multiple visits.

During your appointment, the procedure will be explained to you in detail, and you will have time to ask any questions you may have.

What should I bring on the day?

Please bring the following with you:

1. **A list of your medical conditions** – including both current and past diagnoses.
 2. **A list of your medications** – this includes any tablets, creams, inhalers, or supplements you take.
 - If you use the NHS App, please log in and have this information ready before your appointment.
 3. **Your reading glasses**, if you use them – you will need them to read and sign the consent form.
- ✓ **Eat before you arrive**
There is **no need to fast** for this appointment. Please have a small meal beforehand.

Important medication advice

If you are taking any of the following medications, please contact **our department** at least **10 days before your appointment**. You may need to stop taking these medications prior to surgery or may need to be seen as a consultation first, instead of a “one-stop” appointment

Warfarin	
Apixaban	(Eliquis)
Rivaroxaban	(Xarelto)
Edoxaban	(Lixiana)
Dabigatran	(Pradaxa)

What is a biopsy?

A biopsy is a simple procedure where a small piece of tissue is removed from the lining of your mouth or the skin of your head and neck. This may involve:

- Removing the entire area of concern (*excisional biopsy*), or
- Removing a small part of a larger area (*incisional biopsy*).

The tissue sample is then examined under a microscope to help establish a diagnosis.

Will it be painful?

In most cases, the biopsy is done under **local anaesthetic** — an injection given directly into the area to numb it. The anaesthetic takes a few minutes to work, and the procedure itself should be **painless**.

What happens after the biopsy is taken?

Once the sample is removed:

- The area is usually closed with 2 or 3 dissolvable stitches, which disappear on their own after about **two weeks**.

In some cases, **no stitches are needed**. Instead, the area is cauterised (sealed using heat) and left to heal naturally.

How long does it take?

The entire procedure - including the injection, biopsy, and stitching - usually takes around **20 minutes** from start to finish.

Is there much soreness or swelling afterwards?

When the local anaesthetic wears off after a few hours the area will often be sore, requiring mild pain relief for 3-4 days. Occasionally it is necessary to take simple painkillers (e.g. Paracetamol, Ibuprofen).

Mild localised swelling is normal and should resolve in a few days.

Will there be much bleeding?

Although there may be a little bleeding at the time of biopsy this usually stops quickly and is unlikely to be a problem if the wound is stitched.

Should the biopsy site bleed again when you get home this can usually be stopped by applying pressure over the area for at least 20 minutes with a dampened rolled up handkerchief or swab.

Are there any other risks?

As with any oral procedure, there is a small risk of **infection**. To help reduce this risk:

- **Avoid smoking** for at least 3 days before and after your appointment.
- **Keep your mouth clean**. After the first 24 hours, gently bathe the area with warm salt water (dissolve one teaspoon of salt in a cup of warm water). Continue this after every meal for one week.

There is also a small risk of **temporary numbness** in the area of the mouth or skin where the biopsy was taken. In most cases, this fully resolves on its own. The risk of long-term or permanent numbness is low.

If a sample has been taken, a **small scar** may form. This is usually not visible and rarely causes long-term problems.

If an oral lump has been removed, there is a chance it could **return** (recur), especially if the underlying cause hasn't been addressed — for example, a sharp tooth, repeated trauma from biting, or a buildup of plaque bacteria.

When can I return to work?

This largely depends on your job and how you feel after the procedure. Most people are able to return to work later the same day or the next day.

Are there any things I should do when I get home?

Be careful not to bite numb areas of your mouth.

On the day of surgery, you should avoid rinsing your mouth, as this may cause bleeding. You should clean your teeth normally, including those teeth next to the site of the biopsy.

One day after the biopsy, you should bathe the area with warm salt water (dissolve a teaspoon of kitchen salt in a cup of warm water), and continue this after every meal for one week.

Will I need another appointment?

Generally, most patients will not require another appointment, and a letter will be sent with the results, explaining any further steps required.

Should I be concerned?

It's completely natural to feel anxious about having any procedure — even a minor one. Many people worry that a biopsy means something serious, like cancer. However, **this is not usually the case.**

Biopsies are often done simply to understand what a lesion is, and **most results come back as benign (non-cancerous).**

If you are feeling unsure or anxious, please let your surgeon know. They'll be happy to answer any questions you have and will explain the procedure and what to expect in full.

What if I don't want treatment on the same day?

If you would prefer not to have treatment during the same visit — or would like to speak with a surgeon beforehand — please contact our department on (01484) 355737. We can arrange a separate consultation appointment for you.

This leaflet is specific to the practice of Oral and Maxillo-Facial Surgery in the United Kingdom and is in addition to the generic guidance given in the GMC publications of Good Medical and Surgical Practice 2001 & 2002.

Supporting Doctors and Dentists in Training

We train undergraduate and postgraduate medical and dental students.

This means that doctors and dentists in training may be a part of your care and treatment.

All trainees are supervised closely by a fully qualified clinician. Please speak to one of our team if you have any questions or would prefer not to have a trainee involved in your care.

If you have any comments about this leaflet or the service you have received you can contact :

Maxillofacial Unit
Huddersfield Royal Infirmary

Telephone (01484) 355737

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"