

Direct Access Services - Excision and Biopsy of Orofacial Lesions

About Direct Access Services

Direct Access Services is a programme by Woodlands Health (WH) that allows patients seeking medical attention at primary care facilities to have direct referral access to endoscopy, minor surgery, and advanced imaging, bypassing the need for a consultation with a specialist.

Why Am I Being Referred for this Procedure?

Based on your symptoms, your doctor has referred you for a minor procedure known as 'excision and biopsy of orofacial lesions'. Information about this procedure can be found on pages 3 and 4.



What to Expect

1

Before Procedure

- Your doctor confirms your eligibility for the procedure.
- You may either call WH's Dental Surgery to schedule an appointment or visit the clinic as a walk-in:



Call to make an appointment

6363 3131

Mon - Fri: 8am to 8pm

Sat, Sun and PH: 8am to 2pm

Walk-in to WH Dental Surgery Clinic

Woodlands Health Campus

Tower C, Level 1

Mon - Fri: 8.30am to 5.30pm

Sat, Sun and PH: Closed

2

Procedure Day

- Arrive at the Dental Surgery Clinic at Woodlands Health Campus, Tower C, Level 1.
- A doctor will conduct a screening check and seek your consent before the procedure.



3

After Procedure

- A WH staff will advise you on next steps including booking of a follow-up appointment (if needed) and payment.
- Please return home to rest.
- Depending on your results, you may be informed to follow up with your doctor or specialist.



About the Excision and Biopsy of Orofacial Lesions Procedure

1. What is Excision and Biopsy of Orofacial Lesions?

An excision refers to the surgical removal of a lesion (e.g. lump, growth, ulcer) from the body. A biopsy refers to the partial or complete removal of lesions for investigations by a pathologist to determine their type and nature. Small lesions in the mouth, jaws and face can be quickly and easily excised under local anaesthesia in an outpatient setting.

2. Why do I need this procedure?

Lesions or growths may occur for a variety of reasons. They may be reactive (from allergens, infections or trauma), developmental, immunological, benign or cancerous. It is still important to identify the nature of these lesions for proper management.

3. What are the preparations for the procedure?

Fasting is not required as small lesions in the mouth, jaws and face may be excised under local anaesthesia. It is best to stop smoking as it can help to reduce the risk of developing post-surgery complications.

4. How is the procedure performed?

Local anaesthesia will be administered to numb the area before your surgeon proceeds to uncover and remove the lesion. The wound is inspected for any persistent bleeding before it is cleansed and closed with stitches.

If a biopsy is required, the lesion will be sent for further analysis by a pathologist. Follow-up appointments may be given to review the wound, remove the stitches if necessary, and to discuss with you the findings from the biopsy.

5. What are the risks and complications of the procedure?

Minor complications include post-surgical pain, bleeding, and swelling, which are usually well-managed with medication. Uncommon complications include infections, delayed wound healing, persistent bleeding, recurrences or inconclusive findings that may require a repeat excision and biopsy. For facial lesions, visible scarring may occur for patients who are prone to keloids (thick scars).

6. What would I expect after the procedure?

You will be able to return home after the procedure. There may be pain, low-grade fever, facial swelling and bruising, and trismus (difficulty in opening the mouth) that usually resolves within 2 weeks with adequate rest and regular medication.

Depending on the location of the excision, your surgeon will advise you accordingly on how to keep the area clean. For surgeries in the mouth or jaws, consume a soft diet for the next few days and practice good oral hygiene by rinsing with the prescribed mouthwash after each meal. For external facial surgeries, keep the wound dry for the first 3 days. After this period, clean it carefully with mild soap.

7. What will happen if I do not undergo the procedure?

It is important to establish the nature and type of these lesion. Benign growths that are non-cancerous can still enlarge and cause debilitating consequences, while cancerous ones may invade and spread to other areas of the body. Timely and appropriate treatment will provide an optimal outcome for you.

Disclaimer:

This information sheet mentions some of the more common or important risks of surgery/ procedure. It does not and cannot cover every possible scenario or detail.

Day of Procedure

Arriving For Your Appointment

- On the day of your procedure, please arrive at:
Dental Surgery Clinic, Tower C, Level 1
Woodlands Health Campus
17 Woodlands Drive 17
Singapore 737628



Directions to Woodlands Health Campus



Getting around Campus

- Please arrive at your scheduled appointment time.
- If you do not receive your appointment details within 3 working days from the date of your clinic visit, please call 6363 8000.
- Please keep to your scheduled date. However, if you are unwell (i.e. fever, cough and flu), or wish to postpone/ cancel the procedure, please call 6363 8000 (Monday to Friday, 8.30am to 5.30pm or Saturday 8.30am to 12.30pm).

Preparation

- This procedure is performed under local anaesthesia, hence fasting is not mandatory.
- It is best to stop smoking around 2 - 3 days before the surgery as it can significantly increase the risk of complications.
- As you will likely receive anaesthetic injections, which will last around 2 - 3 hours, do have a light meal before the procedure.

Documents to Bring

Identification:

- Singapore NRIC
- SAF identity card (11B)
- Non-Singaporeans: Passport, entry permit, employment pass, work permit or other valid ID issued by the Singapore Ministry of Manpower

Medical benefit documents, if applicable:

- Insurance card (no direct billing to insurance company)
- Insurer's or employer's guarantee letter (if the bill is covered by your employer)

Consent

Your consent for the procedure will be obtained from you on the day of the procedure.

Discharge Care

- You will be observed for around 15 - 30 minutes after the procedure and discharged only when you are deemed suitable.
- You may not need a family member or friend to accompany you home on the day itself.
- Further instructions specific to your condition and treatment will be provided on the day of the procedure.

