**Submandibular Gland Excision**

**General Instructions**

1. Resume home medications as previous prescribed unless indicated by surgeon.
2. Keep all follow up appointments.
3. Call 205-228-7970 during regular business hours or report to the nearest emergency department for fever >101.5, firm swelling around the incision, severe nausea & vomiting, shortness of breath or any other concerns.

**Incision Care**

1. You may shower 24 hours following surgery. Let warm, soapy water run over the incision but do not scrub. Pat dry with a towel but do not rub firmly.
2. Sutures are dissolvable unless otherwise noted. You will not need to have them removed. They typically take 1-2 weeks to completely go away. If the sutures come undone and the incision begins to open, call the number above.
3. There may be a thin layer of “skin glue” over your incision. This will dissolve over time with routine showering/cleaning.

**JP Drain Instructions**

1. If a JP (Jackson Pratt) drain was placed, you will need to empty the contents at least 1-2 times daily and record the amount of fluid. There should be numbers on the bulb of the drain for measuring. Keep track of these amounts daily.
2. The drain will be ready to be removed when the output is less than 20-30mL over a 24-hour period. This typically takes 3-5 days.
3. If the output becomes thick/cloudy and yellow, call the number above during business hours or present to the nearest emergency department as this may be a sign of infection.
4. If the output becomes bright red blood and the output increases, call the number above during business hours or present to the nearest emergency department.

**Activity**

Do not do any heavy lifting (more than 1 gallon of milk) for 1 week following surgery. You are encouraged to gradually increase your activity level at home. You should walk frequently and move your affected arms(s) and shoulder to perform activities of daily living (i.e., combing hair, dressing, bathing).

Do not drive until you are able to turn your neck comfortably from side to side and are not taking any narcotic pain medication.

**Diet**

You may have mild to moderate throat discomfort following surgery. Drink and eat foods that can be easily swallowed first (liquid and soft food). Advance back to your usual diet as tolerated.

**Swelling**

You may have some swelling around the incision following surgery. Sleeping with the head raised on 1-2 pillows can help decrease the edema. It will take up to 1 week for swelling to return to normal.

If you experience rapid swelling, firmness and tenderness over the surgical site, immediately proceed to the nearest emergency department as this may represent a hematoma, or large collection of blood, that needs urgent drainage.

If the incision becomes swollen, red and tender call the number above during business hours or present to the nearest emergency department as this may be a sign of infection.