

POST OPERATIVE INSTRUCTIONS FOR PAROTIDECTOMY AND EXCISION OF THE SUBMANDIBULAR GLAND

DRESSING CARE:

Under and behind the earlobe by the jaw incision: a surgical drainage tube will be placed once where the parotid gland was behind the ear. This drain will be removed after 24 hours before you leave the hospital. If the drainage is too much after 24 hours, you will be sent home with the drain still in place. Care of the drain will be instructed to you by the discharge nurse before you leave the hospital. It is normal for the ear to stand out from the head due to swelling. It will return to its normal position within a few weeks after surgery. It is not uncommon to have numbness around the surgery site. This can last for weeks or even in some cases months. If you still have small amounts of drainage after the tube has been removed, you can place a gauze pad at the site of the drainage and change it out as needed.

PAIN:

The severity of pain after the surgery varies greatly from patient to patient. While still at the hospital it is common for patients to need IM or IV pain medicines. We encourage you to keep your head elevated for the first week after surgery to minimize swelling and pain. Oral pain meds are all that is needed thereafter and will be prescribed for home use. You will only need them for the first few days after surgery.

DIET:

After surgery your diet will be "as tolerated." Clear liquids will be given first and if tolerated a light food diet can be started that same day. The day after surgery the patient's usual diet can be resumed. Nausea and even vomiting can occur the day of surgery and will be treated with medication as needed. Only rarely does a patient need to be prescribed nausea medicine for home use. In such cases clear liquids only should be given until all nausea has resolved.

HYGIENE:

The hair may be washed 2 days after surgery. The incision may get wet. Pat the incision area dry after you get out of the shower.

ACTIVITY:

You may resume non-strenuous activity as soon as you feel like. Exercising, sports, heavy lifting, and air

travel should be avoided until your first post operative check with Dr. Furst.

POSTOPERATIVE APPOINTMENT:

Call the office and schedule a post operative appointment two weeks after your surgery. 703-941-9552