



Parotidectomy

Post-Op Instructions



PAIN: You can expect some facial or neck pain and stiffness following surgery. You will be prescribed narcotic pain medication. Take as directed for moderate to severe pain. Once the pain starts to subside, spread out how often you are taking the pain medication and eventually transition to over-the-counter Tylenol or ibuprofen. Common side effects of prescription pain medication are nausea and constipation. It is important to take it with food. If you experience constipation, you can try Miralax daily for three days.



DIET: You may resume a regular diet following surgery. You may have a scratchy throat or voice hoarseness from the endotracheal tube for the first day or two and may prefer soft foods initially.



SHOWERING: You may shower 48 hours after surgery. It's okay to get water on your incision. If you have steri-strips, it's okay to get those wet. Do not rub or scrub the incision. After showering, pat the area dry.



ACTIVITY: No bending over, heavy lifting or strenuous activity for at least one week. We encourage you to be up and about after surgery to prevent blood clots in your legs and lungs. You may gently turn your head side-to-side and up-and-down as tolerates without disrupting your sutures or skin glue.



SURGICAL SITE: Some patients may have a drain placed during surgery. This should be emptied and recorded as necessary. Please follow instructions provided at the hospital for specific care. Drains are usually removed one to seven days after surgery. Apply an antibiotic ointment to the incision site twice daily if you have sutures. If you have skin glue or steri-strips, do not use antibiotic ointment until the glue or steri-strips have

come off. For men, do not shave near the incision for two weeks.



EXPECTATIONS: Numbness or altered skin sensation of the ear and along the incision is common. Numbness to your earlobe is likely permanent. You may have a decrease in saliva resulting in a dry mouth. This is typically temporary. You may also experience gustatory sweating. When you eat or when you are thinking about eating, your face will start to sweat on the surgical side.



RETURNING TO WORK OR SCHOOL:

Typically, when prescription pain medication is no longer needed, you may return to work or school. If a doctor's note is required, please call our office to have one faxed.



FOLLOW-UP: If you have a drain, you will follow up in our office one to two days post-op to have your drain removed by our nurses. You will follow up with your surgeon in seven to ten days.



CALL THE OFFICE if you are experiencing the following: Facial or neck swelling, bleeding or saliva from the incision, fever greater than 101 degrees Fahrenheit, purulent discharge (pus) coming from incision, or any noticeable changes on the surgery side such as: decreased ability to open/close the eye, inability to pucker the lips, drooping of one side of the mouth when smiling, inability to raise an eyebrow or produce a frown.

WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2000, if you have any questions or concerns. We are happy to assist you.