

# ***Parotidectomy***

## **HOME CARE INSTRUCTIONS**

- Sleep with your head elevated for the first 48 hours using two pillows or by sleeping in a recliner.
- Gentle rotation, flexion, and extension of the head and neck is permitted.
- Take your pain medications as prescribed by the doctor.
- You should plan for 1 week away from work. If your job requires manual labor, lifting, or straining then you should be out of work for 2 weeks (or limited to light duty until 2 weeks after surgery).
- Apply a thin layer of antibiotic ointment to the incision site 3 times daily. Do this by washing your hands thoroughly with soap and water, and then gently coat the wound with ointment using your finger.
- If you have a history of eczema, apply petroleum jelly to the wound 3 times daily instead of the antibiotic ointment.
- Allow soap and water to run over the wound.
- **DO NOT** scrub or manipulate the wound for 7 days. **DO NOT** rub the wound with a towel; pat the area dry. **DO NOT** get the wound wet for 48 hours after your surgery.
- **DO NOT** take aspirin or any blood thinners as they increase the risk of having a post-operative bleed into the neck tissues or neck wound. Your doctor will let you know if you can take ibuprofen after surgery but generally it is to be avoided for 1 week after surgery.
- **DO NOT** do any heavy lifting or straining for 2 weeks following the surgery.
- Follow up with the doctor 1 week after surgery.
- If your drain is still in place when you are discharged from the hospital, you will need to see the doctor when the drainage is less than 10ml in a 24 hour period to have it removed. This will typically take 2-5 days to occur.
- If a face bandage is in place with the surgery it can be removed on the morning after the surgery. Take the bandages off gently and there will be a lazy S shaped incision with stitches. Begin to coat incision with ointment as above once bandage comes off.
- If you have been prescribed narcotics it is important not to drive or operate machinery or engage in climbing activities due to risk of injury to yourself or others. **NO** driving within 10 hours of narcotic use.

## **POSSIBLE SIDE EFFECTS**

- It is normal to feel nauseous from the anesthesia.
- It is normal to experience a mild sore throat for 2-3 days following your parotidectomy. This usually does not interfere with swallowing.
- It is normal to have mild to moderate facial and neck pain for several days after surgery.
- It is normal to have mild redness and swelling around the wound and this will decrease over the 2 weeks following surgery.
- It is normal to have a low-grade fever.

## **CONTACT YOUR PHYSICIAN IF YOU EXPERIENCE**

- Difficulty breathing or swallowing.
- Neck or facial swelling.
- Bleeding or saliva from the wound.
- Purulent discharge (pus) coming from the wound.
- Increasing redness around the wound.
- Choking or coughing when drinking fluids.
- Fever greater than 101.1°.