

PAROTIDECTOMY POST-OP INSTRUCTIONS:

- Diet:
 - Patients may resume a regular diet without restrictions.
 - Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.
- Activity:
 - Light to moderate activity as tolerated is permitted.
 - Patients may carefully turn the head from side to side and look up and down without needing to worry about stitches.
 - Heavy lifting (more than 10 pounds), straining, and strenuous exercise should be avoided for at least one week following surgery.
- Wounds:
 - All stitches are absorbable.
 - You may shower normally and let soapy water run over the incisions.
 - Do not submerge the incisions in a bathtub or swimming pool for 7 days after surgery.
 - The steri strips over the incision can get wet when bathing and can be removed as they start to peel off over the course of the first week. When they do come off, apply antibiotic ointment such as Neosporin or bacitracin twice daily.
 - Please contact our office if any redness, increased swelling, or increased pain develops at the surgery site.
- Drain:
 - Strip the drain three times a day and as needed if it fills up faster.
 - Empty and record the output as it fills up.
 - The drain will be removed approximately five days after surgery.
- Pain:
 - Neck pain and stiffness are to be expected.
 - Use Tylenol (acetaminophen) for baseline pain control.
 - Use Oxycodone for pain that is not controlled with Tylenol. Do not drive while taking narcotic pain medication.
 - Consider an over-the-counter stool softener (e.g. Colace) to prevent constipation that can be caused by the Oxycodone.
- Nausea/Vomiting:
 - Some patients experience nausea/vomiting. Typically this improves within 48 hours of surgery.
 - Please call to speak with our nurse if you need help managing nausea or vomiting.
- Fever:
 - A low-grade fever is common after surgery.
 - Please contact our office if the temperature is 102°F or higher.
- If you have any other questions or concerns, please call the office and ask to speak with the nurse.