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Sinus Disorders
Pediatric ENT Care
Ear Injuries & Disorders
Thyroid Problems
Hearing Loss
Facial Plastic Surgery
Voice Disorders
Acid Reflux

Parotidectomy/Submandibular Gland Excision/Neck Dissection

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 undue worry about stitches. Heavy lifting, straining, and strenuous exercise should be avoided for at least one week following surgery.

Pain

- Neck pain and neck stiffness are to be expected. Your physician may prescribe a narcotic pain reliever. You may use this as prescribed for severe pain.
- Do not drive while taking narcotic pain medications.
- Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may also be used for mild-to-moderate pain.
- Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this.

Wound care

- Please contact our office if any redness, increased swelling, or increased pain develops at the surgery site.
- Patients may shower or bathe normally. You may get water on the incision after 48 hours but do not submerge under water. If you have stitches, they may get wet.
- If you have a plastic bandage over your incision, you may get this wet. If you do not have a bandage over the incision, apply antibiotic ointment such as Neosporin or bacitracin twice daily.
- Expect numbness on the side of the surgery and numbness on the ear for several months. Many sensory nerves are cut during surgery but do grow back over time. As sensory nerves grow back, most patients have pain and tingling where it was previously numb.

Nausea/Vomiting

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

Medications

Patient should resume all regular medications after surgery. Take antibiotics if instructed to do so post operatively.

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Marion, NC 28752

**Parotidectomy/Submandibular Gland Excision/Neck Dissection
(Continued)**

Fever

Please call the office if your temperature is greater than 102°F.

Drain

Some patients may have a drain in place after surgery. Please follow instructions provided at the hospital for specific care. Drains are usually removed the day after surgery.

If you have any questions or concerns, please call the office and ask to speak with the nurse.