

Salivary Gland Surgery/Neck Biopsy (Parotid, Submandibular and Sublingual Glands)

Disclaimer: *The following information should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your physician for diagnosis and treatment.*

General Anesthetic: After a general anesthetic, you may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia, or while taking pain medications.

What to expect: You may stay overnight in the hospital after the surgery.

Diet: Start with clear liquids, you may resume your previous diet when you no longer feel nauseas. Eat a healthy well balanced diet, there are no restrictions.

Hydration: This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with cause dehydration and thickening of mucous.

Fever: It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often clears and should not cause concern. This is

probably the results of mild dehydration and the healing process. Please call us for elevated or persistent fever ($>101.5^{\circ}$ for 2 days).

Medications: Take all the antibiotics and pain medications as prescribed by your physician. **Do not take aspirin or products containing non-steroidal anti-inflammatory medications (i.e. ibuprofen). These “thin the blood” and slow blood clotting.**

Special Instructions: If your wound is covered by surgical tape, leave it in place until directed by the physician to remove it. If the incision is exposed, wash your hands, clean the wound with hydrogen peroxide and apply antibiotic ointment twice a day. Over the counter antibiotic ointments are appropriate to use.

Activities:

1. It is permissible to shower and bathe after the first post-operative day and ok to get incision the wet. However do not soak the wound or bandages soaking wet.
2. Do not bend, lift heavy objects (> 10 lb.) or participate in contact sports for at least 2 weeks.
3. You may return to work or school 7 days after surgery, or as instructed by your physician.
4. Do not smoke, as it may inhibit healing and prolong swelling.

Follow-up: The post operative appointment will be with your physician one week after surgery. Please call **206-215-1770** to schedule immediately if it has not been scheduled yet.

Contact the office if you experience:

1. Redness, swelling or drainage in the incision area.
2. Persistent severe pain not relieved by medication.
3. Elevated or persistent fever ($>101^{\circ}$ for 2 days). Fever for 2 days after surgery is normal.
4. Vomiting after stopping prescription pain medications, or reaction to the post op medications.



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