



Ear, Nose & Throat Consultants of North Mississippi

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Parotidectomy and/or Submandibular Gland Excision Post Operative Instructions

The typical period of face/throat pain is about 10-14 days. Difficulty swallowing is sometimes seen, as there is a “full” feeling in the upper throat/and or face. In general, the first few days are the most challenging, and then there is gradual improvement.

Some hoarseness can be expected for several days. This is generally due to the breathing tube (endotracheal tube which was placed in the airway during the anesthetic procedure). The placement of the breathing tube may cause swelling of the vocal cords as a side effect.

There may be a small drain in the wound for several days. This should produce a discharge during that period of time. The drain is removed on the first to third postoperative day, depending on how much drainage there is.

You should be on a post-operative antibiotic for at least a week after the operation. Call the office if you are not and get one phoned in.

Diet:

For the first day, thin and soft liquids are best – avoid any solid foods.

Typically starting on the second day, it is best to eat soft foods that do not require a lot of chewing and are easy to swallow. These would include mashed potatoes, scrambled eggs, milk shakes, oatmeal, etc...You can advance to a regular diet after the first two weeks as you desire.

Activity:

After discharge from the hospital, you should remain at home for the first week. Lifting any heavy things (over 20 pounds) should be avoided. Sleeping on three pillows to elevate the head above the heart is encouraged. No sports should be undertaken for at least two weeks. It is OK to shower, but don't soak the wound. It would be a good idea to sleep with your head elevated above your heart for the first 3-5 days. This will help reduce the post-operative swelling. This can be done by sleeping in a reclining chair or against the arm of a couch. Leave the tape over the wound in place. Dr. Windham will change it after approximately 7-10 days.

Pain control:

A prescription pain medication will be given for the first week. Generally, a refill will be included for the second week, if needed.

Feel free to contact the office at 662-234-1337 if you have any questions or concerns.