



SOUTHWEST ENT
A S S O C I A T E S
EAR, NOSE & THROAT SPECIALISTS

POST-OPERATIVE INSTRUCTIONS
PAROTIDECTOMY

POST-OPERATIVE CARE:

After partial or total parotidectomy, you will have a drain under the incision during which time you will be hospitalized. After this is removed, you will be discharged home, although some patients are discharged home with a drain still in. There may be steri-strips or a dressing over the incision. These will remain in place as directed by your doctor. You may begin to get your face and neck wet in the shower or bath 3 days after surgery.

Your activity level should be restricted after parotidectomy. You may begin walking immediately, but no weightlifting (more than approximately 20 lbs.) or exertional exercise for about 10 days.

WHAT TO EXPECT:

Postoperative pain is usually not severe, and you may take the prescribed pain medication as needed for pain. Pain can occur in both the incision area as well as in the neck. After several days, you may switch to Tylenol as tolerated, but avoid aspirin, Advil and Motrin for at least 10 days after surgery because they can cause bleeding. Additionally, sleeping on 2-3 pillows to elevate the head after surgery will decrease the risks of swelling and bleeding. Take your prescribed antibiotic until it is gone to prevent infection. It is normal for the ear and area around the incision to be numb.

You should make your doctor aware if you notice any of the following symptoms: fever over 101.5; increasing swelling, redness, or pain of the incision area.

FOLLOW-UP:

1st visit- approximately 1 week after surgery
2nd visit- as directed by your doctor

PLEASE DO NOT HESITATE TO CALL THE OFFICE IF ANY QUESTIONS OR PROBLEMS ARISE.

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