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## **Parotidectomy and Submandibular Gland Excision**

### **What to expect after Parotidectomy and Submandibular Gland Excision Surgery:**

- Will have a surgical drain to minimize fluid buildup in the surgical wound. Nurses at the hospital/surgery center will show you how to take care of the drain. Call the office if drain fills up more than once daily.
- Bring you back to the clinic 3-5 days after surgery for drain removal. Call the office if the drain quickly fills with blood, or if it will not remain compressed after emptying, or if it seems not to be working. You do not have to record drain output amounts.
- Wound area will swell somewhat; this is normal. Call the office for progressive swelling.
- Until the drain is removed, the incision and drain site need to be kept dry at all times.
- 36 hours after drain is removed, you may shower and get drain site and incision wet. Do not soak wound underwater for 3 weeks after surgery.
- You may have some temporary facial weakness; if so, we may give you facial muscle exercises to improve facial movement. Call the office if your eye does not close or starts to hurt or burn.
- You may feel numbness, tingling, burning, crawling, or other skin sensations in the wound area. This is a normal part of recovery from surgery.
- The incision is closed with absorbable deep stitches and glue on the surface. You do not need to put anything on the incision; antibiotics or other materials will not get to it, as the glue will block it. Leave the glue alone for three weeks; at three weeks, if desired, you may peel the glue off, but it will eventually fall off on its own.

### **Diet:**

- Drink plenty of fluids. Start with a soft diet with minimal chewing and gradually progress to a normal diet over 2-3 days.

### **Activity Guidelines**

- Avoid getting overheated or overtired for the first week. No sports or exercise programs for two weeks. You should be able to return to work/school within 7-10 days.
- Avoid people who have colds, the flu, or any lung or respiratory infection.
- No hot tubs or saunas or sitting outside for long periods of time for the first week.