



Parotidectomy Post-Operative Instructions

1. **Diet:** By the time you leave the hospital, you should be on a regular diet. If for some reason you are not, we will give you special dietary instructions at the time of your dismissal.
2. **Restricted Activities:** Avoid stretching your neck or rotating your neck too much. We do encourage gentle movement of your head and neck. Do not bend over or lift heavy objects for two weeks after the surgery. These activities can raise pressure in the blood vessels of the head and neck. For the first two weeks after surgery do not exert or overheat yourself with exercise, yard work, or other physical activity.
3. **Pain:** You will have mild to moderate pain at discharge from the hospital. You will be discharged from the hospital with pain medication. You may use Tylenol after surgery for pain relief. Do not use aspirin or ibuprofen after surgery until approved by your doctor.
4. **Sutures & Incisions:** Any sutures on the outside of the neck will need to be taken out during a post-operative visit in one to two weeks. To keep any incisions on your neck clean, gently wash the site with hydrogen peroxide then apply an antibiotic ointment (Bacitracin or a triple antibiotic ointment). You may cover external incisions with a gauze pad. Let us know if any drainage from the incision is discolored or looks like pus.
5. **Numbness:** Numbness of the cheek is very common after surgery.
6. **Fever:** You may run a low-grade fever (below 100 degrees). If the fever is above 100 degrees for more than a day or a fever of over 103 degrees for any period of time, call our office at **459-8824**.
7. **Time off work/school:** Because of the discomfort and the stress of the surgery, you will need to take time off from school and/or work. You will need to be off work for at least one week. The time off depends upon how you are feeling and the type of work you do.
8. As you already know, a certain percentage of patients having this surgery have temporary facial muscle weakness. This is usually more of a temporary nuisance rather than an ongoing problem. If, however your eyelid does not close, you may develop a dry cornea. If you find that your eye is irritated or your lid does not fully close, it is wise to

use artificial tears during the day and tear ointment at night. While sleeping, it is beneficial to tape the eyelid shut to prevent drying. If you have any eye pain or excessive tearing, please contact our office at **459-8824**.

9. **Post-Operative Recheck:** We will need to see you in our office about one week after discharge from the hospital to make sure that everything is healing properly and to remove any external sutures.

If you have any questions, please call our office at 459-8824.