

**Post operative instructions for:
Parotidectomy**

After Surgery:

You will have a large head dressing. You may notice bloody drainage seeping into the dressing. If it starts to come through the dressing simply tape more gauze on top of the old dressing. Mild to moderate swelling above the surgical incision is common and can take weeks to months to completely resolve.

Activity:

Do not lift heavy objects or do any strenuous activity for two weeks.
Do not travel out of the area for 10-14 days.

Dressings/Incision:

Remove the dressing in 48 hours; it is safe to get the wound wet after that is done.

Pain Management:

Take pain medications as directed. Some pain medications can cause constipation, moving about and walking can help. Don't operate machinery while taking prescription pain medication. As soon as possible, switch from prescription pain medications to over-the-counter Tylenol.

Diet:

Resume your normal preoperative diet unless nausea is present. Fluids are more important than food for the first 24-48 hours.

Small amounts of clear liquids taken frequently are best. Avoid dehydration. If nausea is severe or persists after 24 hours, call your physician or advice nurse.

Problems:

Call your physician or an advice nurse if you have:

1. Severe pain or unrelieved nausea
2. Excessive bleeding or discharge
3. Elevated temperature (101 or above)
4. Signs of infection such as red streaking around the surgical site, swelling or foul smelling drainage.

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