



## Parotidectomy Surgery Postoperative Instructions

- Keep the incision dry for 7 to 10 days while the steri-strips are in place. After the steri-strips are removed at the office on your follow-up appointment, gently wash the incision with soap and water two to three times a day as needed. After each washing, apply a thin film of an antibacterial ointment (e.g. Polysporin).
- Avoid any activity that pulls across the incision such as shaving around the incision for at least two weeks (the rest of the face may be shaved). Most sutures are dissolvable. Any staples or sutures that need to be removed will be done on your follow-up appointment 7 to 10 days post-surgery.
- Some patients are discharged with a thin drain tube and oval collecting reservoir called a grenade. Please empty the grenade and record the amount of fluid whenever the grenade looks half full or at least two times a day. Discard the fluid down a sink or toilet.
- Elevate the head of your bed 30 to 45 degrees for the first three to four days to decrease swelling. The skin above the incision may look swollen after lying down for a few hours.
- Avoid any activity that raises your blood pressure for at least one week (eg. heavy lifting, strenuous exercise, etc.).
- The nerve controlling the closure or blinking of the eye may be affected by the surgery temporarily or permanently as discussed in your pre-op office visit. If temporary, movement should improve several weeks to months after the surgery. Do not scratch or rub a dry or itchy eye. Prescribed medication will help lubricate the affected eye. You can use Tears Naturale eye drops every four to six hours during the day in the affected eye. Please call us or your eye doctor if you have vision problems after the surgery.
- You may eat a regular diet after surgery. If the oral “pucker” muscles are weak, you may drool slightly when drinking. You may notice a slight increase in fluid from your incision while eating; this is normal and usually resolves within a few weeks.
- Pain can be mild to moderate the first 24 to 48 hours. The nerve controlling sensation of the ear lobe and lower cheek is usually permanently affected by the surgery as discussed in your pre-op office visit. This will reduce the post-operative pain in the upper cheek and neck. The sooner you can reduce your narcotic medication use, the more rapid your recovery is. As your pain lessens, try using extra-strength acetaminophen (Tylenol) instead of your narcotic medication to reduce constipation.