

POST-OP INSTRUCTIONS

PAROTIDECTOMY

DIET

- Regular diet as tolerated.

GENERAL INSTRUCTIONS

- Remove large dressing the next day.
- If sutures are present, you may clean them with ½ hydrogen peroxide and ½ saline twice daily until there are no scabs or bloody crusting present. Then apply OTC antibiotic ointment or Vaseline twice daily.
- If there is no drain tube (JP drain) in place you may shower 24 hours after surgery and pat dry.
- If you have a JP drain, then empty and record every 8 hours. When drainage is less than 30 cc in 24 hours, call the office to have drain removed. After drain is removed you may shower.
- An ice pack may be used for 20 minutes per hour until swelling decreases.
- If you are having difficulty closing eyelids, then use artificial tears every 2 hours as needed.

MEDICATIONS

- A prescription for pain medication will be prescribed for you.
- Narcotic pain medication may cause drowsiness or constipation. If constipation occurs, may take an over-the-counter stool softener or laxative as directed.
- Zofran is for nausea/vomiting and works best when taken 30 minutes prior to prescription pain medication.

ACTIVITY

- No strenuous activity or lifting over 10 lbs until 2 weeks post-op.
- No driving while taking narcotic pain medication.

Please contact our office with any additional questions.

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