



ALASKA FACIAL PLASTIC SURGERY & ENT
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PAROTIDECTOMY

WHAT TO EXPECT AFTER SURGERY:

- Pain:** Mild to moderate pain for the first 24-48 hours is normal. The pain usually lessens after that. You will notice swelling and some bruising around the incision 1 -3 days after surgery. You may notice some hoarseness, numbness, a pulling sensation, and firmness. You may also have short-term weakness of the side of the face. This may mean trouble raising your eyebrow, closing your eye, moving your lip, or flaring your nostril. These will gradually improve over time. The placement of the breathing tube during surgery may cause swelling of the vocal cords, as a result, many patients complain more about a sore throat from the breathing tube used during surgery than about the pain from the surgery itself. A prescription for pain medication will be provided. Beware that narcotic pain medicine can make you drowsy and constipated. This medication affects your reflexes and responses, just like alcohol. If affected, you should not drive or operate machinery. The sooner you reduce your narcotic pain medication use, the faster you will heal. As your pain lessens, try using extra-strength acetaminophen (Tylenol) instead of your narcotic meds. It is best to reduce your pain to a level you can manage, rather than to get rid of it completely.
- Swallowing and Diet:** You may feel some discomfort with swallowing for several weeks after the surgery which usually resolves with time. For the first day, liquid and soft foods are the best. Avoid solid foods. Starting on the second day, it is best to eat soft foods that do not require a lot of chewing. These would include mashed potatoes, scramble eggs, milk shakes, oatmeal, etc. You may advance your diet as tolerated in the post-operative period. Bland diet-no sugar, tart, and extra spices. A bland diet decreases the risk of saliva collections in the surgical wound.
- Wound Care:** There may be a drain in the wound for several days. The drain is removed on the first to third post-operative day, depending on how much drain is present. Your sutures (if present) will be removed 7 to 10 days after surgery. Keep the incision dry for 3 days, and then you may shower and pat the incision dry. You may use Q-tips or gauze to remove any dried blood over the incision. After washing, apply a thin film of an antibacterial ointment such as Polysporin. Apply the ointment 2 times a day. However, if skin glue was used, you do not need to use antibiotic ointment. The skin glue will slowly peel off after 1-2 weeks. You can replace your dressing if you feel more comfortable with it covered. Otherwise, it is perfectly acceptable to leave the steri-strip covering open to air. Your scar will continue to fade and for best results, keep it out of the sun. The scars are often barely noticeable, but everyone heals their scars in their own way.

4. **Activity:** You should avoid strenuous activities for the first two week. No straining, heavy lifting (no more than 10 lbs.), or vigorous exercise for 2 weeks after surgery. You may resume your normal routine as you feel comfortable. The key determinant is listening to your own body and not going beyond your limits.
5. **Head of the Bed:** Please raised the head of your bed 30-45 degrees or sleep in a recliner for the first 3-4 days to decrease swelling. The skin above the incision may look swollen after lying down for a few hours.

CALL OUR CLINIC IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- If your incision becomes progressively painful, swollen, or weeps yellow fluid
- Temperature over 101 F
- Large amount of bleeding
- Increased warmth or redness around incision
- Foul smelling discharge from your incision
- Pain that continues to increase instead of decrease
- Choking or coughing with food or liquid
- Trouble urinating
- If you have trouble breathing or chest pain. Do not call ahead—go to the nearest emergency right away

If you have questions or concerns following your surgery, please call our office (after hours, ask for ENT doctor on call) or call **911** for emergency.