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## **PAROTIDECTOMY/NECK SURGERY INSTRUCTIONS**

### **Pre-operative instructions:**

1. Avoid Aspirin, Ibuprofen, or other anti-inflammatories, vitamin E, garlic supplements, ginkgo biloba or ginseng for two weeks prior to your scheduled procedure. You may safely take Tylenol only.
2. If you are on Coumadin or other prescription blood thinners, please contact your prescribing doctor for instructions prior to your surgery as this medication may need to be withheld pre-operatively.
3. Please confirm your postoperative appointment when you are called for your arrival time the day before your surgery.
4. All parotidectomy patients will require an overnight stay at the hospital. Please make arrangements to have someone available to pick you up the following morning.

### **Post-operative instructions:**

1. You will have a drain in your neck that will be removed prior to leaving the hospital the day after your surgery (Parotidectomy only).
2. Avoid hot showers or baths for one week post-op. Your neck wound will have a dressing in place that cannot get wet. Please take care while bathing/showering. Your stitches are dissolving and will not require removal.
3. Avoid strenuous activity including heavy lifting, straining, excessive stair walking, etc. for two weeks.
4. Avoid work/school for approximately ten days.
5. Avoid air travel for approximately two weeks.
6. Take all medications as prescribed. You do not need to take your pain medication unless you are experiencing pain.
7. Please raise the head of your bed 30 to 45° or sleep in a recliner for the first 3-4 days to lessen swelling. The skin above the incision may look swollen after lying down for a few hours.
8. If you are unable to close your eyelid after surgery, use moisturizing drops hourly during the day. Use Lacrilube ointment at night and tape your eyelid shut with paper tape.
9. Call into the office the next regular office day to confirm your post-op appointment, if you have not already done so.

### **Contact your physician or go to Emergency if:**

1. You have excessive bleeding.
2. If you have a fever greater than 39°C.
3. Foul smelling discharge from your incision.
4. Severe facial swelling.
5. Pain that continues to increase instead of decrease.
6. Trouble urinating, breathing or chest pain.