

Excision of Submandibular Gland
Post-op instructions

What to expect:

1. Numbness or other altered skin sensation of the lower jaw and along the incision line. This is usually temporary in nature but may take anywhere from 6 weeks to several months to return to normal.
2. Difficulty swallowing is sometimes seen, as there is a "full" feeling in the upper throat and/or face.
3. Some hoarseness can be expected for several days. This is generally due to the breathing tube (endotracheal tube which was placed in the airway during the anesthetic procedure). The placement of the breathing tube may cause swelling of the vocal cords as a side effect.
4. There may be a drain in the wound for several days. This should produce a discharge during that period of time. The drain is removed on the first to third postoperative day, depending on how much drainage there is. You will need to empty the "grenade" twice daily. Discard the fluid down a sink or toilet, do not save it.
5. Decrease in saliva resulting in a dry mouth is normal, and usually temporary.
6. A post-operative antibiotic may be prescribed for at least a week after the operation.

Diet:

1. A clear liquid diet is advised for the first 12 hours after surgery.
2. Typically starting on the second day, it is best to eat soft foods that do not require a lot of chewing and are easy to swallow. These would include mashed potatoes, scrambled eggs, milk shakes, oatmeal, etc. You can slowly advance to a regular diet.

Activity:

1. Rest quietly for the first 24 hours. Gradually increase activities when you feel comfortable.
2. For the first week avoid strenuous activities that increase the heart rate. Do not lift objects greater than 20lbs. Do not make sudden turns of your neck.
3. Avoid driving for 1 week, or as long as you are on pain medication.
4. Sleeping with your head elevated above your heart for the first 3-5 days is recommended. This will help reduce the post-operative swelling. This can be done by sleeping in a reclining chair or by propping yourself with several pillows in bed.

Care of the site:

1. Leave the dressing over the wound until you are instructed to remove.
2. Keep the incision dry for the first 24 hours. After that you may shower, but do not let the water directly hit the incision site. Do not immerse the incision site in water for the first 2 weeks after the surgery. Pat the incision dry after your shower. Apply antibiotic ointment such as bacitracin twice daily.

Contact the office at (760)479-2100 immediately if any of the following occur:

1. Surgical site develops increased redness and/or swelling. Some redness and swelling at the area is normal, and should be decreasing each day after the surgery.
2. Any increased pain that cannot be controlled by your pain medication.
3. A fever over 101 degrees.
4. **Follow up:** You will have your first post-operative appointment with Dr. Dent 5-7 days after your surgery. At this time, the stitches will be removed. This appointment should already be scheduled by the surgery scheduler.