



EXCISION OF SUBMANDIBULAR GLAND POST-OPERATIVE INSTRUCTIONS

POST-OPERATIVE CARE

There will be a water proof bandage over the incision, it is ok to shower with the bandage on but avoid getting it wet. 2 days after surgery you are allowed to take this bandage off. If you shower, it's ok for water to run over the incision but do not scrub and only pat dry. Please start applying a thin film of an antibiotic ointment (e.g. Polysporin) to the incision at this time, at least three times a day. This is best accomplished by washing your hands thoroughly with soap and water and then gently coating the wound with ointment using your finger. Please avoid any activity that pulls across the incision such as shaving across the incision for at least 2 weeks. The sutures will be removed 5-8 days after surgery at your post-operative visit.

MEDICATIONS

Take pain medication with food and do not drink alcohol or drive while using pain medicine. For the first few nights you should set your alarm for every 4 hours to take your pain medication. As your pain lessens, try using extra-strength acetaminophen (Tylenol) instead of your narcotic medication. If you are taking narcotic medication regularly you may begin to experience constipation and should take a stool softener. These medications are over-the-counter (such as Docusate Sodium).

ACTIVITY

We recommend you rest for the remainder of the day. 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. After the first week you can gradually progress to normal activity.

DIET

A clear liquid diet is advised for the first 12 hours after surgery. 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.

GENERAL ANESTHESIA

Do not drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

WORK

Most patients plan to take 1 week off of work to recover. Every patient is different and some return to work sooner. This will depend on the extent of your surgery, your recovery experience and the nature of your work. If you have a desk job, you may be able to return to work sooner.

**TRAVEL**

No airplane travel for 1 week following your surgery.

CALL OUR OFFICE (760) 479-2100

For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing, profuse bleeding, swelling or redness of surgical site.

FOLLOW UP APPOINTMENTS

You will have 1 post-operative visit one week after your surgery. At this time, we will remove the sutures and discuss your pathology report. This appointment should already be scheduled for you by our surgery scheduler.