



## **Post-operative Instructions for Parotidectomy or Surgery for A Neck Mass**

1. Your physician will advise you when to schedule your follow up appointment after your surgery. He may want to see you in the office the day after your surgery if a drain was used.
2. You can expect some facial weakness or numbness after your surgery. Please report to your physician complete inability to close your eye. Please avoid extreme heat or cold, use only an electric razor, and avoid the use of a hairdryer.
3. **Diet:** There are no dietary restrictions after your surgery. However, you may start with liquids and soft foods before progressing to your regular diet. If you are experiencing any facial weakness, you should place your food on the unaffected side of your mouth. Manually remove food from the affected side of the mouth. Rinse oral cavity after meals.
4. **Activity:** We encourage rest and quiet activities for the first few days after your surgery. Your physician will advise you when you can return to work. You may shower or bathe but please keep wound dry.
5. **Surgical Incision:** Please report to the physician any redness, swelling, or heat at the incision site. You may have some drainage from the incision. You may clean the surgical incision with hydrogen peroxide every 12 hours. After you have cleaned the suture line, please apply Bacitracin ointment. Please report any change in the amount or consistency of the drainage. You will probably have a drain in the incision after the surgery. Your physician will ask you to schedule an appointment in the office the day after surgery to remove the drain.
6. **Pain:** A prescription for pain medication will be given; take as directed. If you do not need the prescribed medication and want to take an over-the-counter medication, only take Tylenol. Do not use Aspirin products or Ibuprofen (Motrin, Aleve or Advil). Do not take Tylenol with your pain medication. You may alternate Tylenol with your pain medication providing you wait 4-6 hours between doses.
7. **Temperature:** Please note any temperature elevation. If temperature is over 101 degrees orally, and does not respond to medication please call your physician.

**PLEASE DO NOT HESITATE TO CALL IF YOU HAVE ANY QUESTIONS OR PROBLEMS. 410-760-8840**