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Post-Operative Instructions for Submandibular Gland Removal

What to Expect:

Discomfort: You may have facial or neck discomfort that will gradually improve after the first week after your procedure. A narcotic pain medication may be prescribed, take as directed to help control pain. Mild or moderate pain may be controlled with Ibuprofen, Advil, Motrin, or acetaminophen (Tylenol).

Drainage: Drainage is expected from the incision site. You may cover the area with gauze if needed.

Hoarseness: This is not uncommon and may last a week or longer.

Difficulty Swallowing: Sometimes there is a feeling of fullness, or a sensation that there may be something in the throat. This is not uncommon.

Fever: You may have an elevated temperature for the first few days after the procedure, especially at night. You may take an over the counter medication to help reduce your temperature. Adequate fluid intake will also reduce the chance of dehydration and an elevated temperature.

Sore Throat: Sore throat is not uncommon from the tube that is used for anesthesia. Cepacol or Chloraseptic Spray over the counter is helpful.

Diet:

Start with a clear liquid diet (Water; Juices-apple and grape, Sports Drinks – 10-K, Gatorade, Powerade; 7-UP or Sprite; Popsicles, or Jell-O) to prevent nausea and/or vomiting. Advance to a soft diet until the feeling of fullness has resolved then advance diet as tolerated.

Activity:

- Light activity for the first 2 weeks after the procedure. No heavy lifting
- Sleep with head elevated for the first 72 hours after the procedure.
- You may bathe or shower 24 hours after the dressing is removed. Wash with soap and water, pat dry. **DO NOT** soak incision site or apply wet compresses. You may cover site with gauze if drainage is present. Apply ointment, as prescribed by your physician, until your sutures are removed.

Any questions or concerns, please do not hesitate to call. Thank you for your confidence in letting us care for you and your family.