



After Parotid / submandibular /neck or thyroid Surgery Care

Wound Care: A little swelling or redness by the incision site is normal. It will improve over a few days. Keep the wound dry for the first 24 hours. Then you may gently cleanse the area daily with mild soap and water.

Drain: If you had a drain, gauze will be placed there with tape. You may change the dressing daily, or as needed, until the site is dry. Once dry, you may leave the site open and exposed to air.

Activity: You may resume your normal daily activities. However, no heavy lifting allowed (nothing greater than 10 lbs.).

Diet: You may resume your regular diet as tolerated.

What to expect: You may have a sore throat or a hoarse voice after surgery. You should drink plenty of fluids and it may be helpful to take throat lozenges to relieve your symptoms. Symptoms may persist for a few days after surgery, but will improve over time.

Shower: You may take a shower the day after surgery, unless otherwise indicated by your surgeon.

Pain: After surgery, you should only take Tylenol/Panadol for pain or the medication prescribed by your surgeon. Do not take aspirin, aspirin containing products, ibuprofen, or herbal supplements for the first two weeks after surgery unless you are instructed otherwise. If you have any complaints of constipation, please take an over the counter stool softener.

Do not drive, operate dangerous machinery, or do anything dangerous if you are taking narcotic pain medication (such as oxycodone, hydrocodone, morphine, etc.) This medication affects your reflexes and responses, just like alcohol.

Call Your Head and Neck Surgeon Dr Gliksman If You Have...

1. Any concerns. We would much rather that you call your surgeon then worry at home, or get into trouble.
2. Fever over 38
3. Foul smelling discharge from your incision.
4. More than expected swelling of your neck.
5. Increase warmth or redness around the incision.
6. Pain that continues to increase instead of decrease.
7. Problem urinating.

If you have trouble breathing, **you need to go directly to the Emergency Room without calling.**