

# Parotidectomy

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During surgery your parotid gland will be removed.

For a healthy recovery after surgery, please follow these instructions.

## Pain medication

- It is normal after this surgery to have pain and ear discomfort or numbness. This discomfort may last for about a week, but should get better over time.
- Take acetaminophen (Tylenol) every 4 hours as needed. The usual dose is 325 mg to 650 mg every 4 hours. Acetaminophen is in a few medications that you may be taking for pain such as:
  - Plain Tylenol
  - Tylenol 1,2,3,4
  - Extra Strength Tylenol
  - Percocet
- **Do not take more than 4000 mg of acetaminophen in 24 hours.**
- If needed, take Ibuprofen (Advil or Motrin) for moderate or severe pain. This can be taken in addition to acetaminophen. The usual dose of Ibuprofen is 400 mg every 6 hours.
- **Do not take more than 1200 mg in 24 hours.**

Your surgeon may give you other prescription pain medication. Many medications, vitamins and supplements can cause bleeding. Do not take aspirin, or any other pain medications, supplements and vitamins unless prescribed by your surgeon.

## Activity

- Rest the remainder of the day.
- Do not drive or operate heavy machinery for 24 hours after surgery.
- You may be able to go back to work 2 to 4 weeks after surgery. Please discuss this with your surgeon.
- No heavy lifting (20 lbs or 9 kgs), travel, sports, or strenuous physical activities for 2 weeks after your surgery.

## **Eating**

- Eat your normal diet and drink plenty of fluids.

## **Sleeping**

- Keep your head propped up. Sleep with your head raised (use 2 pillows) for the first week after surgery to help reduce swelling.

## **CPAP**

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.

## **Drain**

- If you have a small drain inserted in the neck, it is normal to have a small amount of drainage. The drain will be removed by your surgeon a few days after surgery.

## **Follow-up**

- If you have a drain, your appointment will be a few days after surgery.
- Your follow-up visit with the surgeon is about 1 to 2 weeks after surgery. You will need to call for an appointment.

## **Who can I call if I have questions?**

- If you have any questions, please contact your surgeon's office.
- For urgent questions after hours, please call the Otolaryngologist – Head & Neck (ENT) surgeon on call at 905-521-5030.

## **When do I need to get medical help?**

- If you have increased bleeding on your dressing.
- You have a fever of 38.5°C (101.3°F) or higher.
- If you notice increasing facial swelling.