

Submandibular gland surgery

During this surgery, one or more of your submandibular glands will be removed. These are the glands under your jaw. For a healthy recovery after surgery, please follow these instructions.

Activity

- You need to rest for the remainder of the day.
- You must not drive or operate heavy machinery for 24 hours after your surgery.
- Please discuss with your surgeon about when you can go back to work.

Pain

It is normal after this surgery to have some neck discomfort. This may last for a few days. It should decrease over time. It may be helpful to sleep with your head propped up with 2 pillows for about a week.

Before you go home you will be given a prescription for pain medication. Take your pain medication as prescribed. Do not take aspirin, or any other pain medications, supplements and vitamins unless prescribed by your surgeon. You can take acetaminophen (Tylenol).

Dressing care

If you have a dressing, you may change it as instructed by the surgeon.

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.

CPAP

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

Sleeping

To keep your head propped up, sleep with 2 pillows after surgery.

Eating

Eat your normal diet and drink plenty of fluids.

Follow-up

Your follow-up appointment with the surgeon is in about 1 to 2 weeks. If you have a drain, your appointment will be in a few days 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?

- notice that the amount of blood on your dressing continues to increase
- have a fever of 38.5°C or (101°F) or higher for more than 48 hours
- notice severe facial swelling or neck swelling
- have trouble breathing
- have trouble swallowing
- you are unable to urinate