

Discharge information: post Parotidectomy



MEG

MELBOURNE ENT GROUP

Dear Patient/Carer:

Please read this document carefully as it contains important information that complements the instructions given by your MEG ENT Specialist during your recent surgical admission.

Who is this information for?

This information is for patients, families and carers after a Parotidectomy procedure.

A Parotidectomy is surgery to remove all or part of the parotid gland.

Please be aware of the following;

- Do not recommence Aspirin, Nurofen, Fish Oil for at least 2 weeks after surgery or as instructed by your doctor
- Avoid any heavy lifting, bending or over exertion to reduce the chance of bleeding
- Avoid hot showers and saunas for 3 days

Pain Management

- Pain is minimal after this operation.
- If you have pain you should take pain relief in the form of Panadol or as advised by your doctor.
- Avoid taking Asprin or Nurofen as this may increase the risk of bleeding.
- You should contact your doctor or the emergency department at Monash if the pain becomes increasingly severe and is persistent despite taking pain relief.

Eating and Drinking

- It is important to eat normal food which includes food that must be chewed and swallowed. This allows the muscles in the neck and jaw to be used and not become stiff.
- Avoid food that is hot or spicy.
- Maintain an adequate fluid intake to help with healing.

Bleeding

- It is uncommon to have bleeding from the wound site after discharge from hospital.
- If you encounter any bleeding, swelling or redness, with increasing pain and pressure from the wound, you should immediately contact your doctor or the hospital emergency department.

Returning to normal activity

- When you go home you should rest.
- You will require 2 weeks to allow a full recovery.
- It is recommended to refrain from vigorous activity for 2 weeks to reduce the chance of bleeding.

Diet:

- Generally, you will be able to resume a full normal diet the same day of surgery.
- If your procedure involved the oesophagus (food pipe) then your **MEG ENT specialist** will advise you of any dietary modifications, and may instruct you to eat a soft diet for a few days.
- Ensure you maintain an adequate fluid intake to help with healing and recovery from the procedure.

Attend your nearest Emergency Department or Call 000 if:

- Breathing or swallowing becomes progressively difficult.
- You develop any neck pain, redness or swelling.
- You develop any significant difficulty swallowing
- Any other less urgent / severe concerns, please reach out to your **MEG Surgeon** via the Healthcare team.

On your Postoperative Appointment:

- Your **MEG ENT Specialist** will review you to discuss any results and plan for future treatment if required.

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.



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