

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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SUBMAXILLARY GLAND EXCISION SURGERY

>>PATIENT INSTRUCTIONS >>

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** surgery. By following them carefully, you will assist in obtaining the best possible results from your surgery. If questions arise, please contact our physicians or nurses.

PRE-OPERATIVE:

- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- Your physician will provide you with prescriptions for medications to take at home following surgery. Please be prepared by filling these prescriptions prior to your surgery. Take only the medications prescribed by your physician. Call our office at 610-363-2532 if you have any questions about your procedure.

POST-OPERATIVE:

- On occasion, you may be sent home the same day as your surgery. You may have a large, bulky dressing on your neck, and there may be a drain within the large, bulky dressing. If so, you may ask to be seen in our office the following day to have the drain removed and the dressing changed.
- On other occasions, patients are asked to stay one night in the hospital and have a more substantial drain arrangement in place. This would be required to be removed prior to your discharge from the hospital. Occasionally, a pressure dressing may be applied to the neck area after the drain is removed.
- Prescriptions, which will include a pain relief medication and possibly an antibiotic, should be taken as directed by your physician. These pain relief medications prescribed by your physician are safe to use in the postoperative period. For children, liquid acetaminophen (brand names Tempra and Tylenol) may be used with the dosage determined by the age and weight of the child. Adults may use tablets or capsules of acetaminophen with the same brand names.

- Excisional areas do not generally require dressings unless they are irritated by clothing or exposed to dirt. If a dressing is required, keep it dry and change it as instructed and as necessary. It should be changed if it becomes wet. Do not get the incisional areas wet and do not wash them for 72 hours after surgery. Keep these areas clean and dry. Apply Bacitracin Ointment three times daily with a clean Q-tip over the incisional lines. Please notify us of any unusual swelling, redness, bleeding, drainage or discomfort in the incisional areas. Suture removal usually occurs approximately one week to ten days after the surgery was completed. Numbness around the incisional site is normal and should regress slowly over time.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.