



## Santa Barbara ENT

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### **OUTPATIENT SURGERY INSTRUCTIONS AFTER SIALENDOSCOPY/SALIVARY DUCT SURGERY**

#### **PAIN / DISCOMFORT**

Most patients will experience pain in the salivary gland for a few days after surgery. You may also have pain at the duct opening for up to a week. You may use plain Tylenol or your prescribed pain medication. You should not take plain Tylenol within four hours of taking Tylenol with codeine, Vicodin, Percocet, Darvocet, or Lortab as these narcotic prescription drugs already contain Tylenol.

#### **MEDICATIONS**

Take the antibiotic and steroid medication that was prescribed before your surgery.

#### **ADDITIONAL INSTRUCTIONS**

Massage the gland regularly to promote the flow of saliva and to reduce the swelling after your surgery. Keep your head elevated on at least 3-4 pillows for the first 36 hours after your operation. Avoid heavy lifting, coughing, athletic or other strenuous activity if an incision was made in the duct to remove the stone.

#### **FOLLOW-UP APPOINTMENT**

Dr. Golgert would like to see you in approximately 1 week.

#### **EMERGENCIES**

If you have a fever above 100, persistent nausea/ vomiting, or swelling under your tongue, please contact Dr. Golgert through the office number (805)563-1999. If Dr. Golgert is unavailable, the doctor "on call" will be listed on the office message. If you are unable to contact a physician and you have an emergency, then call 911 or proceed to the nearest Emergency Room.

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