

### **What to expect**

To allow visualisation during sialendoscopy, a small amount of saline is continuously flushed through the salivary ducts. Depending on the length of the procedure you will likely have swelling of the operated salivary gland which may be uncomfortable.

You may experience a sore throat due to the use of a breathing tube during your anaesthetic. This typically last 24-48 hours post-op.

Some patients may notice an area of numbness in the floor of mouth. This should last hours to a day.

After general anaesthesia you may experience nausea, light-headedness, or lethargy. You should not drive yourself home from hospital after a general anaesthetic.

### **Analgesia**

Take the pain relief medications you have been prescribed if needed. Panadol (paracetamol) and / or Nurofen (ibuprofen) may be used if you have not been prescribed stronger pain killers

### **Antibiotics**

Take regularly as directed if you are prescribed antibiotics

### **Diet**

It is important to maintain good fluid intake post operatively. This encourages saliva production. Otherwise, you may have a normal diet after discharge. Be careful to avoid hot fluids or food if you have any numbness in the mouth.

### **Swelling**

If your salivary gland remains swollen, several manoeuvres may help.

- Gentle massage of the gland. For the parotid gland, massage from in front of the ear and forwards along the cheek and jaw. For submandibular glands, massage forwards along the underside of the jaw towards the chin.
- Sour lollies (e.g. lemon drops) will encourage saliva flow.
- Warm pack applied to the affected gland.
- Elevate the head with a couple of pillows when sleeping.

### **Notify your surgeon if you experience any of the following:**

- o Fever
- o Persistent swelling of the gland that does not respond to the advice above
- o Redness or tenderness over the operated gland

