



# Sialendoscopy and Salivary Stone Removal

## Post-Op Instructions



**PAIN:** Pain following sialendoscopy is generally mild. It is common to have fullness and discomfort in the salivary gland as well as a sore throat from the endotracheal breathing tube. The pain is usually well controlled with over-the-counter pain medications such as Tylenol or ibuprofen. You may be prescribed narcotic pain medications. Please take medications as directed. Some narcotic medications have Tylenol in them, so it is important not to take additional Tylenol with it. Common side effects of prescription pain medication include nausea and constipation; it is important to take these with food. If you experience constipation, you can try MiraLAX daily for three days or Colace 100 mg twice daily while using narcotics.



**OPERATIVE SITE:** The opening of the duct to the gland which was operated on may be swollen. You may have small dissolvable sutures in place. These will dissolve away after one to three weeks. You may have a stent in place. If this was placed during the surgery, it will have to be removed in three to six weeks. Your surgeon will tell you or your family member if this was placed. Try to leave the stent alone even though it will feel bothersome to you initially. You may have temporary tongue or mouth numbness that often resolves in a couple of days but may last for a few weeks or very rarely be permanent.



**DIET:** Stick to a soft diet for a day or two after surgery and keep hydrated. It is important to drink a lot of water after surgery to keep saliva flowing. Avoid spicy, acidic, or crunchy foods for several days. If there are sutures or a stent in your mouth, rinse your mouth with saltwater three times daily after meals for 30 seconds.



**ORAL HYGIENE:** You can resume normal oral hygiene the next day after surgery. If you have stitches or a stent, avoid that area with brushing. Avoid commercial mouthwash until the area has healed.



**ACTIVITY:** You can lift, bend and perform normal activity the day after surgery.



**SMOKING AND ALCOHOL:** Smoking and alcohol delay healing and may lead to complications.



**FOLLOW-UP:** You will have a follow-up appointment scheduled by our office for one to two weeks after surgery. Take medications as prescribed. This often includes an antibiotic and an oral steroid.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **605-217-4320**, if you have any questions or concerns. We are happy to assist you.

If you are unsure of an emergency and it is outside of business hours, please call the operator at Unity Point at **712-279-3500** and ask for the ENT on-call.