DR AFSHIN YOUSEFPOUR
Chirurgie Plastic du Visage
Chirurgie Maxillo-Faciale

Aftercare following submandibular gland removal

These instructions guide you after removal of the submandibular gland (submandibulectomy), for a salivary stone, repeated infections or a tumour. They help you heal well and recognise the rare signs that need an immediate response. They complement the personalised protocol Dr Yousefpour gives you.

What is normal

- Swelling under the jaw for 7 to 10 days.
- Moderate discomfort when swallowing for the first few days, well relieved by painkillers, and sometimes a sore throat after the anaesthetic.
- Slightly numb skin around the scar.
- A slightly uneven smile, if the nerve branch that lowers the corner of the mouth was handled; usually temporary.
- Tingling or reduced feeling on one side of the tongue, rare and usually temporary.
- No noticeable dry mouth: the other salivary glands fully make up for it.

After surgery, step by step

When	What to do
In hospital	Usually one night in hospital. The drain, if one was placed, is usually removed the next morning, before you go home.
The first few days	Ideally have someone stay with you. Sleep with your head raised (two pillows). Take painkillers as prescribed; no aspirin or ibuprofen without agreement. Restart any anticoagulant only according to the protocol you are given.
The first week	Keep the scar clean and dry; wash without wetting the wound directly and pat dry. Apply the antibiotic ointment prescribed by Dr Yousefpour to the scar twice a day. Take care when shaving near the scar.
Eating	Eat whatever is most comfortable, soft if chewing hurts (mash, pasta, eggs, yoghurt). Avoid very hot, spicy, acidic, hard or crunchy food for the first few days. Drink regularly.
Mouth care	Brush your teeth as usual, gently, and rinse after meals, with the prescribed mouthwash if you were given one.
Around day 7	Stitches are usually dissolvable. If any need removing, this is done at the practice.
For 7 to 10 days	Walk every day, but avoid sport, effort and heavy lifting. Back to normal activities after 7 to 10 days.

When	What to do
Driving	Wait until you no longer need strong painkillers and can turn your head easily to both sides.
Follow-up visit	Check of the scar and nerves, and explanation of the laboratory analysis of the gland.

Contact Dr Yousefpour the same day if

- you have a fever (38 °C or higher);
- the scar becomes redder, warmer, more swollen or more painful, or fluid leaks from it;
- swallowing becomes increasingly difficult, or throat pain increases despite treatment;
- your tongue becomes numb or moves less well, or your lower lip becomes weak;
- any new symptom worries you.

In the following weeks and months

- Weakness at the corner of the mouth or reduced feeling in the tongue usually recovers, but this can take several months.
- The scar, placed in a natural neck crease, stays pink for a few months and then fades. Protect it from the sun.
- If surgery was for a stone, other glands can rarely form stones: drink enough every day.

Before surgery

- Stop smoking, which slows healing.
- Tell us about all your medicines and supplements. Aspirin, anticoagulants and antiplatelet medicines are stopped only according to the protocol you are given and with the agreement of the doctor who prescribed them.
- Have soft food ready for the first few days, two pillows, and someone to take you home and stay with you.
- Usually allow 7 to 10 days before returning to your normal activities.

Emergency: call 112 or go to the emergency department if

A haematoma, a collection of blood under the neck scar, is rare. It usually occurs within the first 12 to 24 hours, which is why you normally stay one night in hospital.

- Your neck swells quickly and becomes tight or hard under the jaw.
- You have difficulty breathing, or swallowing your saliva.
- Bleeding continues despite 10 minutes of firm pressure with a gauze pad.
- You have chest pain.

Do not wait for a reply from Dr Yousefpour on WhatsApp: call the emergency services first, then let him know as soon as possible.

These instructions are general information. Dr Yousefpour's personalised protocol always takes precedence. For non-urgent questions, message Dr Yousefpour on WhatsApp.

Contact

Face Clinic, 406 Chaussée de Bruxelles, 1410 Waterloo
WhatsApp message to Dr Yousefpour: +32 491 07 04 32
In an emergency: 112
www.faceexpert.be