

## Our service?

**This leaflet aims to answer your questions after having a salivary gland procedure (salivary endoscopy, balloon dilatation or basket retrieval). It explains what you can do after the procedure so that you are comfortable and the treatment is most effective.**

If you have any further questions, please speak to the doctor or nurse caring for you.

## What to expect after your procedure

There will be some numbness in the area where the treatment was carried out. This will usually last 1-2 hours but in some people it may last a bit longer. Be careful not to bite or burn your cheek, lip or tongue while you are numb. There may be some weakness in the facial muscles on the side you had treated – this is normal and will recover within a few hours. You will be able to leave the hospital straight after the procedure.

## What to expect when you go home

There may be some swelling of the gland treated and the area may be sore. This will usually last for

2-5 days and taking your usual painkillers will help. Very rarely there may be some light bleeding from the area. If there is bleeding which does not stop within 10 minutes of firm pressure with a clean handkerchief/flannel or you see pus from the area contact the department (the contact details are at the end of this leaflet). If the department is closed and you are concerned about your symptoms, please call NHS 111 for advice.

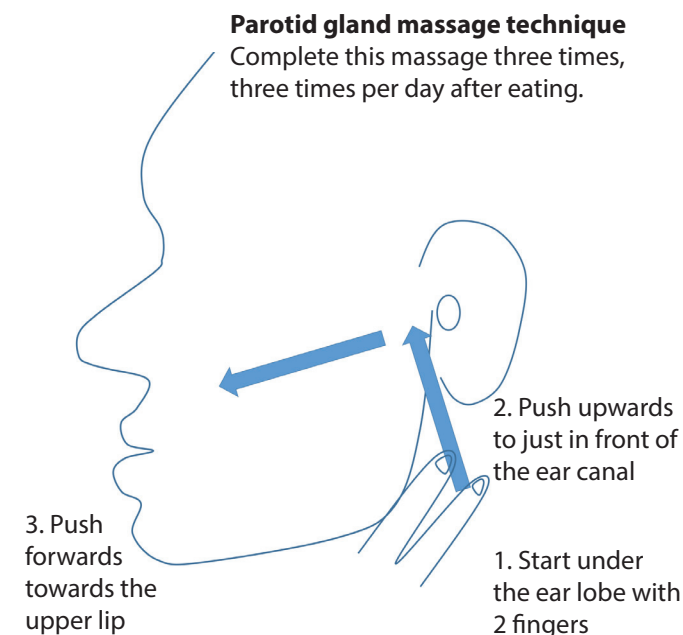
## What do I need to do after I have gone home?

It is very important to drink enough water so you are well hydrated. You should eat hot or cold, tasty foods which cause you to make saliva in your mouth. You should massage the salivary gland which had treatment three times daily, even if it is not causing problems. Turn this page over for the correct technique. In the first four days after the procedure, you should rinse your mouth with warm salty water after eating – mix a quarter teaspoon of salt in a mug of warm water. Applying an icepack to the sore area may help reduce pain and swelling. You should not use heat on the area or have hot drinks in the first four days.

If you have been prescribed medicines, collect these from the QVH outpatient pharmacy. Read the instructions carefully and ask the dentist, doctor or pharmacist if you have any questions.

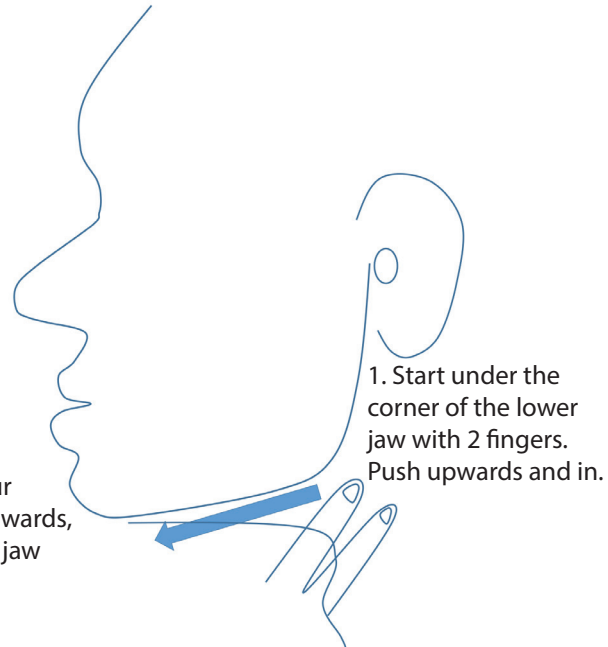
## Will I have a follow-up appointment?

You will be seen after your procedure by either the Maxillofacial department at QVH, by your local hospital Maxillofacial department or the doctor or dentist that referred you. If you find traveling to these appointments difficult a telephone or video appointment may be possible. We will write to the doctor or dentist who referred you to tell them about the treatment you have had.



### Submandibular gland massage technique

Complete this massage three times, three times per day after eating.



## After Your Salivary Gland Procedure

Please ask if you would like this leaflet in larger print or a different format.

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