

# Discharge Instructions: Partial Glossectomy

## What To Expect

- You will have a small wound in your tongue, and the incision may have stitches.
- A small amount of bleeding/oozing is normal for the first 1-2 days. You may bleed longer if you take a blood thinner like aspirin, warfarin, or Xarelto®.

## Wound Care

- Avoid acidic or caustic foods (tomato sauce, orange juice, citrus fruits, coffee, and alcohol) for the first few days.
- Rinse your mouth and gently gargle with warm salt water 4 times a day – after (3) meals and at bedtime.
- Eat a soft diet until your first follow up appointment – avoid hard or crunchy foods that require a lot of chewing.

## Pain Control

- Bland foods (like yogurt, bread, rice, milk) cause less irritation and less discomfort when eating.
- Generally, over the counter acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®) will be enough for manage the majority of your pain. Please take as directed on the bottle.
- If your pain is not controlled with other measures, we can prescribe a lidocaine-based oral medication, which numbs the tissues, or an opioid medication. Usually, these are not needed, and you do not have to use either if you are not having pain.

## Recovery

- Your mouth tends to heal faster than other parts of your body but allow 3-4 days for pain and discomfort to start to improve.
- You may resume your normal daily activities the day after surgery.
- No driving if you are taking opioid pain medication.

## Call Us If...

- you develop severe, uncontrolled pain where you had surgery
- you experience bleeding that does not stop after putting pressure on the area
- the area around the incision or biopsy site becomes inflamed (red, swollen, tender, hot)
- **you have a fever of 100.4°F (38°C) or higher**

Call the Head and Neck Center at **716-845-8186**. The center is open Monday – Friday, 8:00 a.m. – 5:00 p.m. After hours, your call will be answered by our Call Center. You can call Roswell Park 24/7 at **716-845-2300**. If it is determined you need to be seen, you may be asked to come to the Assessment and Treatment Center (ATC). The ATC is open 24/7 but you need a referral from your doctor (or the doctor on call). It is not a walk in clinic.