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.