

After your salivary gland procedure

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 a dentist, doctor or nurse caring for you.

What to expect on the day

You will be able to leave the hospital straight after the 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.

What to expect later

There may be some swelling of the gland treated and the area may be sore. This will usually last for 2-4 days and taking 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 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 tasty foods which cause you to make saliva in your mouth. You should massage your salivary glands several times daily, even if they are not causing problems. Your dentist or nurse will have shown you how to do this. In the first four days after the procedure, you should rinse your mouth with warm salty water after eating – mix a 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 Guy's Hospital 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?

It is likely you will be seen again in the department or offered a telephone follow-up appointment if travelling to Guy's is difficult for you. We will write to the doctor or dentist who referred you to tell them about the treatment you have had.

Contact us

If you have any questions or concerns, please contact our receptionist on 020 7188 1872 from Monday to Friday between 9am and 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Leaflet number: 4222/VER1

Date published: March 2016

Review date: March 2019

© 2016 Guy's and St Thomas' NHS Foundation Trust