



# Salivary duct dilatation / stone removal: aftercare

You have had a procedure to unblock your salivary duct or gland.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

Blood pressure/Pulse on discharge: \_\_\_\_\_

Clinical condition on discharge: \_\_\_\_\_

## What to expect afterwards:

- You may have pain from the duct or gland that has been operated on. This should improve over the next 24-48 hours. Please take painkillers either at home or ask the nursing staff while in hospital.
- To encourage production and drainage of saliva you could suck astringent (sour) sweets or citrus fruits and massage the gland towards the mouth.
- Rinsing your mouth with salty water can be soothing.
- Slight oozing of blood into your mouth may occur.

## When to seek help

Occasionally, the gland can become infected after the procedure, which may require antibiotics. Please contact us if you experience:

- Severe pain or tenderness of the gland.
- Pain that is not controlled with painkillers.
- Fever.
- Redness or hot skin over the gland.
- Pus (thick, nasty tasting fluid) discharging from the gland into your mouth.

**Please bring this information sheet with you if you seek medical attention.**

## Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- **Paracetamol** – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- **Anti-inflammatory** – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

## **When can I resume my normal lifestyle?**

You should be able to resume most normal activities of daily living within 24 hours.

## **When can I drive?**

If you have been given local anaesthetic only, you may drive later in the day. You should consider whether your wound or pain may prevent you from driving, e.g. being able to perform an emergency stop comfortably. If you were given sedation then you should not drive for the next 24 hours (see separate information sheet).

## **What happens next?**

The results of your procedure will go to your referring doctor (usually between 7-10 days). They should contact you or arrange a follow-up appointment to see you in clinic.

## **Contact us**

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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Next review due: November 2025