



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Sialoendoscopy care

Sialoendoscopy is a procedure where a tiny telescope is passed up the duct of a salivary gland. The telescope has a small working channel through which various instruments can be passed.

There are six main salivary glands, three on each side. The parotid gland lies in front of the ear, the submandibular gland lies under the lower jaw, and the sublingual gland lies under the tongue.

Sialoendoscopy is usually done to:

- Remove a salivary stone
- Dilate a narrow area (stricture) of a salivary duct
- Inject medication into a salivary gland

Salivary stones:

A small collapsible wire basket can be passed through the working channel of the telescope and passed the stone. The wire basket is then opened and the stone encouraged to go into the basket. The basket is closed and both the wire basket and the telescope removed. Sometimes if a salivary stone is very big it can be broken into smaller pieces and each piece removed. Some stones are not able to be removed through a telescope and may require other techniques to remove them.

Stricture (narrow area) of salivary duct:

A stricture of the salivary duct is dilated with a series of dilators. Sometimes a small tube (stent) is inserted into the duct after it has been dilated. The stent is sutured in place and removed about 2-3 weeks later in the clinic.

Recurrent swelling of the salivary gland:

Recurrent parotitis of childhood often responds to steroids injected into the salivary duct. Some other swellings of the salivary glands also respond to this treatment. Occasionally other medications namely Lipiodol is injected into the salivary duct. This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.

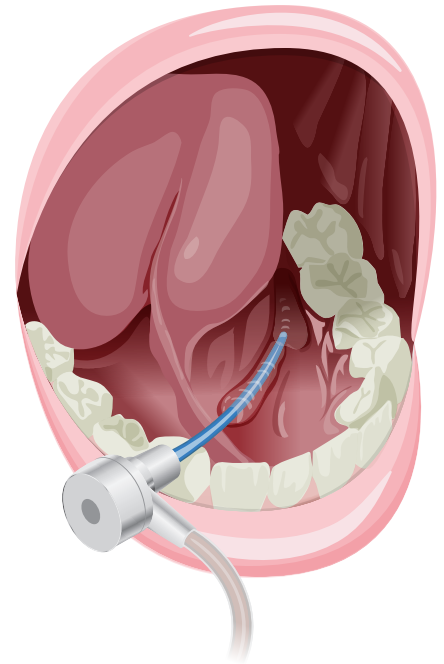
What to expect?

You can expect to have some swelling of the salivary gland for about two to three days after the procedure.

How can you care for yourself at home?

Activity:

- Do not drive in the 24 hours following your surgery.



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When can I expect to return to work?

- Most patients can return to work 1-2 days after the procedure.
- What should I eat after sialoendoscopy?
- Drink plenty of fluids
- Eat whatever you usually eat.
- For the next 7 days, after each and every meal, rinse your mouth out with warm, salty water. Remember to spit out the salty water, do not swallow it. A salty mouth wash can easily be made with half a teaspoon of salt dissolved in a cup of warm water.

Pain medicines:

- Dr Hall or his anaesthetist will prescribe simple pain medication such as paracetamol (Panadol), ibuprofen (Brufen), celecoxib (Celebrex) or Etoricoxib (Arcoxia). Please take the medications as instructed. Usually, the pain is mild to moderate and settles very quickly within 2-3 days.
- If you think your pain medicine is making you sick to your stomach:
 - Take your medicine after meals (unless Dr Hall has told you not to).
 - Ask Dr Hall for a different pain medicine.

Antibiotics and other medications:

- Dr Hall or his anaesthetist will prescribe an antibiotic, usually Augmentin, for one week.
- If a stricture has been dilated, Dr Hall commonly prescribes prednisone for four weeks.

Problems:

- Persistent swelling or pain of the salivary gland is uncommon. Text or call Dr Hall on 021 733 677 if you think the swelling is getting bigger or the pain is getting worse.
- Sialoendoscopy does not fix all salivary gland problems. Not all stones can be removed this way. Sometimes strictures recur. However usually the recovery is easy and short. Dr Hall will arrange to see you about six weeks after your surgery. Let Dr Hall know if you are no better and Dr Hall can advise you about other treatment options.

Follow up appointment:

- Dr Hall usually sees his sialoendoscopy patients about 6 weeks after surgery. His secretary Rebecca will arrange your follow up appointment for you. If you have not heard from Rebecca within two weeks of your surgery, please contact her on 09 281 2963.

Any problems call or text Dr Francis Hall on 021 733 677

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