

Discharge information following a Glossectomy

Introduction

This leaflet gives you information about what to expect following your glossectomy.

Follow up appointments

- The consultant will see you in an outpatient clinic 2 to 3 weeks after your discharge to review your recovery progress.
- The Head and Neck speech and language therapists and dietitians will advise you on the consistency of food you can safely manage before you are discharged from hospital. They will arrange regular joint outpatient reviews to help build up your diet.

What to expect following discharge

- Expect to feel very tired following your surgery as your body will use a lot of energy to recover and heal.
- As long as you are careful, you can still brush your teeth. A soft toothbrush is usually best at first.
- Your tongue will feel bulky after the operation due to swelling. This can alter your speech making certain sounds less precise. We hope that your speech will gradually improve over time as the swelling reduces. However, your tongue may have restricted movement resulting in long term speech alterations. The Head and Neck speech and language therapists can help you with this.

What to do if you have a problem at home

- **Pain** – If you are experiencing pain that is not being controlled with the pain relief you have been sent home with then please contact your GP for advice. The Head and Neck Clinical Nurse Specialists (CNS) can also give you further advice.

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Department

Head and Neck/
Oncology

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Patient Information

- **Swelling** – This is to be expected following a glossectomy operation and will slowly reduce over time. However, if the swelling worsens, please contact the Head and Neck CNS for advice.
If the swelling starts to affect your ability to breathe, please call 999 and ask for an ambulance.
- **Bleeding** – Slight bleeding may occur when eating but should settle. If you are concerned, please contact the Head and Neck CNS. However, if the bleeding continues or you are bleeding large volumes, please go to the nearest Accident and Emergency Department or call 999 for an ambulance.
- **Infection** – If you have any signs of infection such as a raised temperature, redness, new pain or a discoloured discharge then contact the Dressings Clinic for advice. If out of normal working hours contact the nursing staff on Ward 2b.

Contact Information

Clinical Nurse Specialists

Tel: 0300 422 6785

Monday to Friday, 8:00am to 4:00pm

Head and Neck Dietitian

Tel: 0300 422 3460

Monday to Friday, 8:00am to 4:00pm

Head and Neck Speech and Language Therapists

Tel: 0300 422 8105

Monday to Friday, 8:00am to 4:00pm

Out of Hours

Ward 2b

Tel: 0300 422 6184

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>