

PLEASE USE THIS SPACE TO WRITE DOWN ANY QUESTIONS OR CONCERNS WHICH YOU WOULD LIKE TO ASK THE NURSING OR MEDICAL STAFF WHEN YOU ARE ADMITTED TO THE HOSPITAL

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WARD VISITING HOURS

Visitors are welcome between the hours of 10.00am and 8.00pm. It is requested that all other times be respected as rest periods for the patient.

Under certain circumstances special consideration may be given after consulting the nurse sister in the ward.

Please note visitors are restricted to immediate family only on the day of your operation.

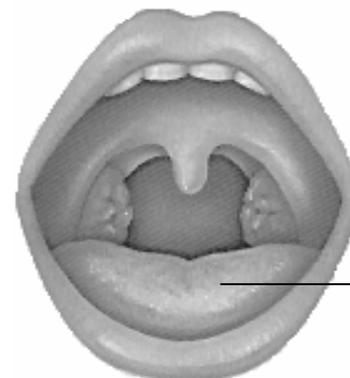
PHONE ENQUIRES

It would be appreciated if you could also restrict all patient enquires to the nominated times below and nominate one family member to make the calls due to the busy nature of the ward. **Thank you.**

10.00am – 12.00 midday, 2.00pm – 4.00pm,
6.00pm – 8.00pm

Please do not hesitate to contact Dr. Yeo Sek Wee if you have any questions or concerns at +603 2160 0000

**A GUIDE FOR PATIENTS
HAVING A PARTIAL GLOSSECTOMY
PRINCE COURT MEDICAL CENTRE**



Resection of
Tongue Cancer

This booklet is a guide and is no substitute for a full and open discussion of the risks and benefits of the proposed procedure, these should be discussed with your doctor. The specific details of your care may vary from the matters discussed in this guide.

PLEASE BRING THIS BOOKLET WITH YOU ON YOUR ADMISSION TO THE HOSPITAL



PRINCE COURT
MEDICAL CENTRE

WHAT IS A PARTIAL GLOSSECTOMY?

A partial glossectomy is the removal of part of your tongue. The amount of tongue removed and the position on the tongue will determine how well you can speak and swallow after the operation.

WHAT HAPPENS BEFORE SURGERY?

- You will need to fast from 12:00 midnight the night prior to surgery.
- Bring in any medications you are currently taking and any tests (eg. x-rays, CT scans).

HOW LONG WILL I BE IN HOSPITAL?

In most cases you will stay in hospital for 5-10 days.

WHAT SORT OF ANAESTHETIC WILL I HAVE?

- You will be given a general anaesthetic to put you to sleep.
- Any questions you have about your anaesthetic will be answered prior to the operation by the anaesthetist.
- **We advise that you do not smoke at least one week prior to surgery to help prevent complications developing from your anaesthetic.**
- Following your operation you may be required to spend the night in the High Dependency Unit so we can monitor you closely.

WHAT KIND OF PAIN RELIEF WILL I NEED?

After your operation one of a number of methods may be selected to control your pain. These methods include:

- *Patient Controlled Analgesia* (PCA) which gives you control over how much medication you use.
- *Continuous Infusions* of pain relieving medication, managed and controlled by medical and nursing staff.
- Or, *Injections* and regular pain relieving tablets such as panadol or panadeine.

Our aim is to give good pain relief so that you can recover quickly. Different forms of pain relief suit different patients and operations. The surgeon and anaesthetist will help you choose the best form of pain relief for your circumstances.

Clothing

- Dressing gown
- Pyjamas (one for each expected day of stay)
- Underpants (loose and firm fitting)
- Slippers or firm shoes (no slip-ons)

Remember

- Bring any X-RAYS, CT SCANS and any MEDICATIONS that you normally or occasionally take with you on admission.
- Nothing to eat or drink from midnight the day before your operation date.
- Admission time will be 7:00am for all patients being admitted on the day of their operation.

FOR YOUR INFORMATION

- We advise that you **do not smoke at least one week prior to surgery** to help prevent complications developing from your anaesthetic and surgery.
- Please note that there are no laundry facilities available.
- Please do not bring jewellery or large sums of money into the hospital. However, you may want some change for daily requirements such as newspapers, magazines or phone calls.

Return to work

- Your doctor will advise you when you will be able to return to work.

Eating and drinking

- You will be well informed while in hospital about any diet changes you may require when you go home.
- It is important to drink plenty of fluids.
- Increase your fibre intake if you are taking regular Panadiene/Panadeine Forte.

Mouth care

- Continue mouth hygiene as instructed. This is especially important after meals.

Follow-up

- A follow-up Outpatient appointment for review by the doctor will be made for you (usually 1-2 weeks) upon discharge from the ward.

WHEN TO CONTACT YOUR LOCAL DOCTOR OR PRINCE COURT MEDICAL CENTRE

Contact or go and see your local doctor if you experience:

- any bright bleeding or discharge;
- severe pain unrelieved by prescribed pain medication;
- unable to take adequate oral fluids;
- signs of fever which persist;
- persistent nausea/vomiting;
- increased swelling, tenderness of the tongue or mouth.

WHAT TO BRING TO HOSPITAL

Personal toiletries

- Deodorant, powder
- Toothbrush and toothpaste
- Hairbrush and/or comb
- Soap, shampoo/conditioner
- Tissues

Your anaesthetist will answer any more questions you may have about the anaesthetic and the pain management available to you on the ward. More detailed brochures are available if you are interested.

IMPORTANT EXERCISES FOR AFTER YOUR OPERATION

Sometimes after an anaesthetic there can be a build up of phlegm in your lungs and it is important to try and clear it out, to avoid developing a chest infection. When you are resting in bed, your breathing pattern is shallow, so it is necessary to take deep breaths regularly during the day to make sure you are getting plenty of air into the bottom of your lungs. This deep breathing helps to shift any accumulated phlegm up to the point where you can have a cough and clear it out.

How many breaths should I take?

Five full deep breaths and relax, rest, then repeat. If your tummy is sore, breathe in very SLOWLY then relax.

How do I cough?

We know it is uncomfortable to cough – BUT if you hold onto your tummy FIRMLY – either with both hands, OR hug a pillow against the wound, it will help. Remember coughing is safe if you support yourself.

How often should I practice deep breathing?

Each hour while awake, however, for the first 24 hours after your operation you may be very sleepy, so practice each time you wake up from a snooze.

Leg exercises

These are important for your circulation to try and prevent clots forming, while you are lying in bed.

1. *Foot and ankle pumping*

Move your feet up and down from the ankles as well as circling the feet around (10 times).

2. *Knee bending*

Slide your right heel up the bed towards your bottom and slide it down (both legs x 2).

REMEMBER: 5 DEEP BREATHS, REST AND REPEAT
HOLD TUMMY AND COUGH
LEG EXERCISES
DO EVERY HOUR WHILE AWAKE

IT IS IMPORTANT TO SIT OUT OF BED AND START WALKING AS SOON AS POSSIBLE AFTER YOUR OPERATION.

WHAT HAPPENS TO ME INITIALLY AFTER SURGERY?

- You will feel drowsy after the operation and may require some oxygen until fully awake.
- You may experience nausea and vomiting. The nursing staff will give you medication to control this.
- When you return back to the ward after your operation you will be made comfortable.
- You will be given pain-relieving medication to make you more comfortable. It is important to tell the nurses if you become uncomfortable.

Your wounds are inside your mouth, therefore, mouth hygiene is very important. The nurse will initially perform this but it will be important to learn how to do this yourself.

In some cases, you may have a temporary artificial airway (tracheostomy). This is usually only required for 5-7 days or until any swelling of the mouth resolves.

Due to swelling in your mouth after the operation you will not be able to drink or eat. As this swelling resolves you will be able to do so. In the mean time, you will require an intravenous drip in your arm for hydration. In some cases, nutritious fluids need to be given via a tube that goes from your nose into your stomach until you are eating and drinking adequate amounts.

Please also report to your nurse if:

- You feel your tongue is swelling
- You are having trouble breathing
- You are feeling nauseated
- You are feeling uncomfortable

DURING THE COURSE OF YOUR STAY:

Your independence will improve as your drip, catheter and drain tubes are removed and activity levels increase.

You will also be seen by:

Speech Therapist

Our speech therapist will work closely with you to help any speech or swallowing difficulties you may have.

Dietician

The dietician will see you regarding an appropriate diet, while in hospital and when you go home.

WOUNDS IN YOUR MOUTH

The stitches in your mouth are dissolvable. You could have pain around the operation site, but this should slowly ease as healing takes place.

Mouth hygiene is very important. You will be shown how to do your own mouth care while in hospital. It is important to continue this when you go home. Mouth care is especially important after eating.

PAIN RELIEF

Pain relief will be offered regularly by the nursing staff. If you are experiencing pain it is important to notify your nurse. Pain relief will initially be given by injection, either into your drip or into a muscle. As the amount of pain decreases, you will be given tablets.

WHAT WILL HAPPEN WHEN I GO HOME?

Activity

- You will be able to resume normal activity as able, having rest periods as required.
- You will need to consult your doctor before resuming any strenuous exercise.