

TONSILLECTOMY, ADENOIDECTOMY, PALATE SURGERY POST-OPERATIVE DISCHARGE INSTRUCTIONS

1. Return to a normal diet as soon as possible. Continue to eat and chew as much as possible. Chewing gum to reduce muscle spasms in throat and crushed ice, popsicles, at LEAST 2 liters of water or non caffeinated beverages daily are recommended to keep mouth moist, reduce pain and speed healing. Avoid spicy, acidic foods, hard crunchy foods with sharp edges. Maintain a SOFT diet, ice pops, jello as much as possible.
2. You may use a cool mist humidifier for added moisture .
3. Apply cold compresses on your neck on -off for 24 hrs as needed to reduce soreness and swelling.
4. Ear pain, known as referred pain , from the throat is common and will improve as healing progresses.
5. Scabs in back of throat appear as white or yellow in color. Objectionable odor sometimes is present and will gradually resolve by drinking lots of water. DO NOT GARGLE.
6. Pain may increase 3 to 4 days after surgery. This is a common complaint.
7. Remain in bed for one day and in the home for one week.
8. Avoid the use of non steroidal anti-inflammatory medicines(Motrin, Ibuprofen, Naproxen , Aspirin, Excedrin) Ask pharmacist if you are not sure. These medications may promote or prolong bleeding. Tylenol is safe to use in recommended dosages. You may, of course also use the prescribed Narcotic analgesic but DO NOT drink alcohol or drive until you no longer need these medicines.
9. Do not smoke or allow exposure to second hand smoke, no alcoholic beverages.
10. **CALL THE OFFICE IF SUSTAINED BLEEDING OCCURS FROM THE MOUTH, IF YOU DEVELOP FEVER, CHILLS, INABILITY TO SWALLOW OR PAIN NOT RELIEVED BY THE PRESCRIBED MEDICATIONS OR IF YOU HAVE QUESTIONS 215-465-8800** A slight amount of blood tinge in the saliva is normal for 24-48 hrs after surgery. Gargle with Ice cubes/Ice water if bleeding occurs and call us. If bleeding does not stop go to nearest emergency room or hospital.
11. Avoid strenuous activity for at least 10 days after surgery including sports and excercise.
12. Sleep with you head elevated on several pillows .
13. **Follow up visit:**Call to schedule a return appointment for your post operative office visit. Dr _____ would like to see you in _____week(s).

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