



POSTOPERATIVE INSTRUCTIONS TONSILLECTOMY AND UVULOPLASTY

DIETARY INSTRUCTIONS:

1. FLUIDS ARE VERY IMPORTANT to maintain adequate hydration and ensure rapid healing. Encourage small and frequent servings of water, milk, tea, Gatorade, soft drinks, nonacidic fruit juices, popsicles, broth, and soup. Fluids that are slightly cool or slightly warm are tolerated with less discomfort than those that are ice cold or steaming hot. Avoid orange juice, lemonade, grapefruit juice, and tomato juice.
2. Soft foods such as ice cream, yogurt, milk shakes, pudding, jello, mashed potatoes, cooked vegetables, macaroni and cheese, and scrambled eggs may be given at any time.
3. The patient may resume a normal diet when he/she feels able with mild discomfort. Avoid hot, spicy, rough, and scratchy food for one - two weeks after surgery.
4. Carbonated beverages are fine if they are vigorously poured into a glass to allow part of the CO₂ to escape. The patient may drink through a straw without an increased risk of bleeding.

GENERAL INSTRUCTIONS:

1. A moderate amount of throat discomfort and ear pain is to be expected. Pain medication will control the pain and allow the patient to swallow more comfortably. The medication may cause some nausea if given on an empty stomach. Try to administer the medicine with food or drink to coat the stomach. Encourage additional fluid intake once the medication has taken effect. If the patient is allowed to sleep during the 4-6 hours the pain medicine is in effect, he/she will wake up with a sore throat and refuse to drink. The pain in the ears is from a neurologic connection with the throat (referred pain).
2. A dose of pain medication in the middle of the night (between 2-4 AM) can make the patient more comfortable upon awakening in the morning.
3. Activity should be limited during the first week of surgery.
4. A gray membrane on the sides of throat is part of the normal healing process.
5. Low grade fever (less than 101 degrees) is expected and improves with hydration.
6. The danger of serious bleeding is over the first 24 hour period. In a small number of cases minor bleeding may occur up to 10 days from the day of surgery. If this happens, do not become excited, for the bleeding is usually slight. Gargle the throat gently with ice water and remain calm. If the bleeding does not stop promptly, call our office. In the unusual event no one is available, go to the nearest emergency room.
7. Do not take products containing aspirin two weeks prior or two weeks following surgery. They may increase the risk of bleeding.
8. Contact our office as soon as possible for a follow-up appointment for two weeks after the surgery.