

Barry S. Tatar, MD LLC

Board Certified Otolaryngology
8178 Lark Brown Road, Suite #101
Elkridge, MD 21075
(O) 410-799-3940 (F) 410-799-3944
www.drTatar.com

TONSILLECTOMY/UPPP SURGERY POSTOPERATIVE INSTRUCTIONS

What to Expect:

Day 1 Usually very few problems, due to numbness of the throat. It is VERY IMPORTANT to drink lots of fluids! Keep activities limited.

Day 2-4 Sore throat, fever, lethargy. Scabs have formed. It is VERY IMPORTANT to continue to drink lots of fluids! Eating is highly encouraged.

Day 5-6 Usually sore throat feels worse as scabs come loose. Again, it is VERY IMPORTANT to continue to drink lots of fluids! Eating is highly encouraged.

Day 7 Usually showing improvement.

Day 8-14 Start feeling back to normal. However, it is the period of HIGHEST RISK OF BLEEDING. Continue to keep activity limited and a soft diet.

Diet: During the first two weeks, the patient follows a soft diet: popsicles, Jello, pudding, scrambled eggs, mashed potatoes, pasta, watermelon etc... AVOID pretzels, popcorn, chips or other crunchy foods. AVOID acidic citrus drinks like orange and grapefruit juices. Dairy products may increase excess phlegm and gagging, which may make the throat sore. **DRINK ENOUGH FLUIDS TO PREVENT DEHYDRATION AND FEVER!!!!**

Activity: Encourage rest and quiet activities for the first week (TV, reading, board games, video games etc...) Make sure to get up, walk around and BREATHE DEEPLY through your mouth, for at least two days after general anesthesia. Sleeping is very important. Can return to school or work after ten days but NO sports, gym classes, exercising, lifting or strenuous activity for two weeks after surgery.

Bleeding: The period of 7-10 days post-op, has the highest risk for bleeding. This is when the scabs fall off and the throat feels raw. There is sometimes increased pain. If bleeding is seen, rinse and gargle ice water. If this does not stop it, call Dr. Tatar. A mixture of half ice water and half hydrogen peroxide will help get out the scabs and clots. This is often all the treatment that is needed. However, if the bleeding does not stop or is excessive, go to the EMERGENCY ROOM.

Pain: Use the prescription pain medication as directed, as needed, ON A FULL STOMACH. Start with a full dose when you arrive home, after you have filled your stomach. As the pain decreases, you may reduce the amount of pain medication and switch to Tylenol or acetaminophen (which also help reduce fevers). Avoid Aspirin and Aspirin-like products (NSAIDs) such as Motrin, Aleve, Advil, Ibuprofen, and Naprosyn. These can increase bleeding. Narcotics can upset the stomach, so try to take them ON A FULL STOMACH to avoid nausea and vomiting. The ears will often hurt from tonsil surgery. This is referred pain and can be controlled with the pain medication, or with Antipyrine/Auralgan ear drops. Do NOT use these drops if there are holes or tubes in the ear drums.

Temperature: It

A post-operative examination is recommended around two weeks. This appointment was scheduled for you when you were scheduled for surgery.

CALL DR. TATAR IF THERE ARE ANY QUESTIONS OR CONCERNS AT 410-799-3940