



Adult Tonsillectomy or Uvulopalatoplasty

POST-OPERATIVE INSTRUCTIONS

INTRODUCTION

Please read and familiarize yourself with these instructions. By following them carefully, you will assist in obtaining the best possible result from your surgery. Please do not hesitate to ask any questions that should arise.

INSTRUCTIONS

1. For at least **TWO WEEKS AFTER** the operation, **DO NOT USE** any medicines containing **aspirin** or **ibuprofen** or 'NSAID' medications unless approved by your Doctor.
 - Examples of medicines containing Aspirin include: Vanquish, Bufferin, Anacin, Bayer, Excedrin, Darvon, Ecotrin, Fiorinal, Norgesic, Percodan, Butalbital.
 - Examples of medicines containing Ibuprofen include: Motrin, Advil, Nuprin, Midol.
 - Examples of 'NSAID' medication include: Indomethacin, Orudis, Daypro, Relafen, Triolosate, Aleve (Naproxen), Oruvil.
 - If you have any questions, please ask the Doctor.
2. For pain or discomfort, please use either Tylenol (acetaminophen) as directed, or any pain medications that your Doctor may prescribe.
3. Please continue to take any other types of medicines that may have been prescribed for you by your Doctor(s). If you have any questions regarding medicines that you are now taking, please ask.
4. After the operation, pain is usually worse the first couple of days after surgery and then may gradually subside. Therefore, take pain medicine every four hours (when awake) for the first several days. After that time, just take the medicine as needed.
5. Please be aware that the pain may be in your throat OR in the ears since these are affected by similar nerves.
6. White patches may appear in the throat after surgery. Do not be alarmed, this is the normal 'scab' that occurs after tonsillectomy. Also, the uvula, which hangs down in your throat, may be swollen. There may also be bad breath after the surgery; that usually resolves over two weeks.
7. It is not imperative that you eat in the first several days after the surgery. It is very important, however, that you **DRINK PLENTY OF FLUIDS!**
8. Avoid fluids or foods that are hot, salty or spicy or that contain citrus juices. Avoid 'scratchy' foods (such as chips and pretzels) and avoid using straws.

9. Cold or cooler liquids and soft foods are tolerated much more easily. Also avoid alcohol.
10. Elevate your head while sleeping.
11. Take it easy! No bending, lifting or any type of straining until your Doctor states that it is okay to do so.
12. There may be a small amount of bleeding from the mouth or nose after this operation. Please call if a large amount of bleeding (greater than a teaspoonful) of bright red blood occurs or if bleeding continues for over a half hour.
13. Occasionally, nausea and vomiting occur after this surgery. However, if this continues for greater than a two-hour period of time, or vomiting of a large amount of bright red blood occurs, please call.
14. Please call if a fever greater than 102°F develops or if any other concerns develop.
15. Please follow up on _____ at _____ for further post-operative care.