



POST OP INSTRUCTIONS : TONSILLECTOMY, T&A, UPPP SURGERY

GENERAL INSTRUCTIONS

1. You will be prescribed a strong pain medication. Do not hesitate to take this as prescribed in order to reduce pain and enable adequate fluid intake.
2. Low-grade fever is common to have up to one week after surgery.
Call us if fever is consistently higher than 101° for over 12 (twelve) hours and does not respond to Tylenol, increased fluid intake, or cool baths.
3. Ear pain is common during the recovery period. This is a “referred pain” from healing at the tonsil area rather than an ear infection. Pain medicine and cool packs can be used to help with this pain.
4. White or yellowish-greenish patches at the tonsil area are healing patches or scabs, **not infection**. THIS IS NORMAL! The scabs usually will start to come off in 5-7 days after surgery. During this time, pain may be more severe for 3-4 days. Call us if white patches occur inside the cheeks or on the tongue, as this may be a sign of thrush. A swollen uvula is also common.
5. Bleeding can occur at any time although severe bleeding is rare. If any bleeding occurs, begin sips of ice water and cold packs to the throat and call the office. If bleeding is excessive, go immediately to the nearest hospital Emergency Room.
6. Bad breath **is common** until the healing is complete.
7. You or your child may talk funny for a period of time. This is normal.
8. Diet should consist of liquids and soft foods. It is important to drink lots of liquids to avoid dehydration. Signs of dehydration include fever, dry mouth and absence of urine output for several hours. It is best to avoid carbonated and citrus drinks, which can irritate the throat. Also avoid foods with sharp edges such as chips, crackers, pizza crust, etc.

9. Recovery takes a full 2 (two) weeks and activity should be greatly reduced during this time. Children may return to school after the first week, but should not participate in gym or sports activities.
10. A humidifier may be run at night to keep throat from drying out.
11. A follow up appointment should be scheduled per your physician's instruction.
12. Call our office if persistent problems occur such as persistent cough, vomiting, or constipation due to dehydration.
13. **Call during office hours for any questions or medication refills.** Please note the oncall physician **does not have** access to your records and **cannot** call in pain medication refills at night or during the weekend.

POST OPERATIVE DIET

1. This diet is non-irritating. The T&A diet is non-irritating to the throat. It is used following tonsillectomies and throat surgery. Cool, clear, liquid foods are given, as well as some mild milk products. Foods and beverages containing red or orange coloring are not to be given because they may mask hemoptysis (blood sputum). Milk and milk products provide substantial nutrition in this diet; however, these can cause excessive mucous production and may need to be limited. Avoid sharp foods like pizza, potato chips, hamburgers, etc. Refrain from eating hot foods.

2. Sample Menu:

Apple Juice

Jell-O

2% Milk

Custard

Iced Tea with Sugar

Macaroni and Cheese (room temperature)

Mashed Potatoes

Cottage Cheese

Chilled Bouillon

Ice Cream

Sherbert

Popsicles

Gatorade

Malts

Applesauce

Smoothies