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Instruction Sheet For After Surgery

Tonsillectomy with/without Adenoidectomy / UPPP

After surgery there are several things that you or your family will probably experience. This sheet should help address many common questions or concerns.

Pain:

- Discomfort after surgery is very common and may last up to 2 weeks.
- Ear pain is normal. It is referred pain from the healing throat.
- Take prescribed pain medicine as directed.
- You may also use over-the-counter acetaminophen (Tylenol) and ibuprofen as described on the label for pain. **Do not combine over-the-counter acetaminophen with prescription pain medicines that contain acetaminophen (such as Norco, Vicodin or Percocet).**
- For adults on prescription aspirin by your primary care provider, **and they have cleared you to hold aspirin peri-operatively**, do not resume aspirin until *** after surgery. If your primary care provider has given you a different time frame, please **defer to their recommendation**.

Diet:

- **DRINK LOTS** of "clear" liquids after surgery, such as water and dilute fruit juices.
- Avoid liquids that are hot, acidic, or caffeinated.
- Start with a soft diet and advance as tolerated.
- Avoid citrus, crunchy, hard or spicy foods for 2 weeks after surgery.
- Cold foods such as popsicles, smoothies etc. work well.

Bleeding:

- The chance of a severe bleeding episode is very low. However, patients may experience minor bleeding.
- If a small amount of bleeding is noted, remain calm, rest, and gargle with ice water. This will often help.
- If prolonged or excessive bleeding is noted, call the office for further instructions. If it is after hours, please go to the local Emergency Department. For severe bleeding, call 911.
- Avoid straining, heavy lifting, and vigorous exercise for 2 weeks after surgery.

Other concerns:

- Fever up to 101 is very common after surgery and may last for a few days.
- White patches (healing scabs) in the back of the throat are expected after surgery and may last for up to 2 weeks. This is normal healing and is not a sign of infection.
- Expect bad breath.

Call our office at (458) 205 - 6500 or go to the Emergency Department/Urgent Care for: fever greater than 101.5 F / uncontrolled pain / bleeding that does not respond to the above measures / nausea or vomiting / questions or other concerns.