



Swedish Otolaryngology
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Tonsillectomy, Adenoidectomy, Uvulopalatopharyngoplasty

Disclaimer: Any information provided here or on the web site should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your local physician for diagnosis and treatment.

General Anesthetic: After a general anesthetic, you may experience some weakness, dizziness, sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia or while taking pain medications.

What to expect:

1. For approximately 10 days you may have ear pain, which may not be noticed until the throat pain subsides. This is “referred pain”. You may also have head, neck and throat pain. Expect pain when swallowing and eating.
2. Nasal discharge and bad breath, some oral mucous and blood.
3. White scabs in areas where the tonsil were removed, and increased pain and blood when the scabs fall off.
4. Possible vomiting the first 24 hours. This may contain blood swallowed during surgery.
5. Possible weight loss.
6. Voice changes may occur due to changes in the muscle functioning of the throat.

Diet: Start with clear liquids such as Gatorade, apple juice, popsicles and gelatin.

1. Adenoidectomy: advance to normal diet as tolerated.

2. Tonsillectomy or UPPP: eat a soft diet for approximately 2 weeks.
3. Avoid spicy, hot, gaseous food, or crunchy foods for 14 days after surgery. (puddings, soups, hot cereals, soft eggs are okay).
4. Hydration is very important. Encourage fluid intake. Popsicles are a good source of fluid. Older children or adults may chew sugar-free gum to promote swallowing and decrease pain.

Fever: It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees is not uncommon. This is generally the result of mild dehydration and the healing process. Please call us for elevated or persistent fever ($>101.5^{\circ}$ for 2 days).

Medications: Pain is treated with Tylenol and a prescription pain reliever. Follow the directions carefully. If the narcotic causes nausea and vomiting, try to decrease use of the narcotics. If this does not help, call your physician.

Do not take aspirin or products containing non steroidal anti-inflammatory medications (i.e. ibuprofen) unless approved by your physician.

Special Instructions:

1. Do not blow your nose for one week after surgery, two weeks after an adenoidectomy.
2. If you need to sneeze or cough, do so with your mouth open.
3. You may brush and floss your teeth as usual. Avoid mouthwashes with alcohol.
4. Do not smoke.
5. Keep your head raised 30 degrees at bedtime for 48 hours after surgery.
6. A heating pad may be used for any transient neck stiffness.



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Activities:

1. Most patients should remain quiet for 48 hours and then activities may be gradually increased as tolerated.
2. Do not engage in strenuous activity for 2 weeks, or until confirmed by your physician. Avoid strenuous exercise or lifting over 5 lbs.
3. You may return to work 7 days after surgery. Children may return to school once off the pain medications, but are not to participate in recess or gym class for 2 weeks.
4. There is a small risk of bleeding during the 2 week period following surgery. No distant travel during this time.
5. Soft diet for 2 weeks.

Follow-up: The post operative appointment will be with your physician 2-3 weeks after surgery for a UPPP, 2-3 weeks after surgery for adult tonsillectomy/adenoidectomy, and 3-4 weeks for a child. Please call 206-215-1770 to schedule your post-op appointment if it has not been scheduled.

When to call the clinic: If you have any of the following problems call our clinic (triage line - 206-215-1770, Option 5). **After-hours, call 206-215-1770** to be routed to the Swedish Otolaryngologist on call.

1. Excessive bleeding. This is a rare problem that can occur after tonsil and/or adenoid surgery. The chances of this happening are greatest during the first several hours after surgery and then between the 7th to 10th day afterwards. Please note that after tonsillectomy it is normal to see whitish or yellowish material in the area where the tonsils were removed. It is normal for this material, similar to a "scab" on a scrape, to break loose as the area heals. Occasionally some bleeding will

occur at this time. There may also be a slight increase in discomfort. Any bleeding should be minimal and should stop on its own. It sometimes helps to rinse out the mouth or gargle with ice water. If bleeding is severe, or if bleeding does not stop soon after onset, you should contact our office and go to the closest Emergency Department immediately.

2. Persistent severe pain not relieved by medication.

3. It is not uncommon to run a low-grade fever, which can be expected after tonsil and /or adenoid surgery. A fever below 101.5 degrees is not uncommon and is generally the result of mild dehydration and the healing process in the oropharynx. Please call us for elevated or persistent fever (>101.5° for 2 days).

4. Vomiting or reaction to the post op medications.