

# CHESTER COUNTY OTOLARYNGOLOGY AND ALLERGY ASSOCIATES

## A DIVISION OF PINNACLE EAR, NOSE AND THROAT ASSOCIATES

### *Adult and Pediatric Ear, Nose and Throat and Allergy Evaluation and Treatment*

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Head and Neck Cancer Surgery  
Thyroid & Parathyroid Surgery  
Sinus Surgery  
Allergy Evaluation and Treatment  
Audiology and Hearing Aids

## **POSTOPERATIVE INSTRUCTIONS FOR TONSILLECTOMY &/OR PALATAL SURGERY**

1. Please call the office if you do not have postoperative appointment.
2. Rest as much as possible for the first few days. For the first week, you should limit yourself to housebound, restful activities. You should plan to take one week off of work/school and a second week of non strenuous activity (no gym, heavy lifting, straining.....)
3. DIET. Fluids are extremely important after surgery. Dehydration will lead to increased pain and slower recovery. In general, if you are not urinating at least 4 times per day, you should increase your fluid intake. Any fluids will do, however you should avoid citrus juices which sting and whole milk products which produce a lot of phlegm. Ice chips and popsicles are good sources of fluid and they cool the throat and can ease pain. A soft, cool diet should be started by the third day after surgery in order to minimize muscle spasm. Chewing gum also prevents spasm. Soft foods include Jell-O, applesauce, yogurt, scrambled eggs, mashed potatoes, and soups... Avoid red foods & fluids (they're mistaken for blood).
4. PAIN control is important after surgery. Remember that it is easier to control pain before it sets in than once it is present so use the medication prescribed around the clock for the first few days. Also remember that it is almost impossible to relieve all the pain and still have a patient be awake enough to be responsive. You should take the pain medication half an hour before meals to ease the pain of swallowing somewhat. Resume taking all your medications after surgery however DO NOT TAKE Aspirin, Motrin, Ibuprofen, Alka-Seltzer or compounds containing these medicines since they can lead to increased bleeding after surgery. Tylenol is OK. If you have any questions regarding which medications to take, please call the office anytime. Putting an ice collar around your throat may help soothe the pain. Sleeping with your head elevated may also keep swelling to a minimum, which will alleviate some pain.
5. After surgery, there may be some reflux of food and fluid or air into the nose when eating, drinking or speaking. This usually stops within a short period of time. Please call if the problem persists.
6. COMMON FINDINGS.
  - A) A fever is very common. Call the office if the temperature rises above 101°. Otherwise, please use Tylenol for the fever and make sure that you are well hydrated.
  - B) Earaches are also very common. These can be worse than the throat pain at times.
  - C) Soreness can increase between the 5<sup>th</sup> and 7<sup>th</sup> day after surgery and is related to healing.
  - D) White appearance/debris in the back of the throat. This is just regular healing. When associated with an increase in pain however, this could represent a yeast infection (thrush or candida) and you should call the doctor.

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610-384-8300

689 Unionville Rd.  
Kennett Square, PA 19348  
610-345-0977

795 E. Marshall St.,# 303  
West Chester, PA 19380  
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213 Reeceville Rd, #10  
Coatesville, PA 19380  
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455 Woodview Rd. #210  
West Grove, PA 19390  
610-345-0977

7. **BLEEDING.** If bleeding occurs, call the office immediately, day or night. Sitting upright and chewing on ice cubes may slow or stop bleeding.
8. If you have ANY problems, questions or concerns before or after your surgery, please call the office.