

AFTER YOUR UVPP

USUAL COURSE

SORE THROAT: moderate to severe sore throat for approximately 1-2 weeks. Voice change, bad breath, and increased secretions in the throat are common during this time. Worsening of pain at midpoint of recovery is common.

APPEARANCE: the uvula [the structure that dangles in the back of the throat] will be gone. Scabs in the mouth will appear white, gray and/or black.

TEMPERATURE: 99 to 100 degrees for the first few days is normal. Notify us if temperature rises above 101.5 or stays above 101.

EAR PAIN: this is actually from the throat. The nerve to the ear runs behind the tonsil. It becomes here irritated after a tonsillectomy.

DIETS AND FLUIDS

FLUIDS: you should drink at least 2 quarts of liquid a day to prevent dehydration.

FOOD: start with soft bland foods, then progress to normal eating. You may eat what ever is comfortable for you. Drinking a little warm water after dairy products will help reduce secretions from these products. If unable to eat after 3 to 4 days, begin drinking a nutritional supplement 2 to 3 times a day. Ensure, Instant Breakfast, Slim Fast or other supplement will do

PAIN: a prescription for pain medication will be given. This is usually a narcotic combined with Tylenol. Chloraseptic or Cepastat lozenge, spray or film strips may also be used for topical numbing. Do not use additional Tylenol.

PROBLEMS call the office for instructions concerning any of the following:

NAUSEA: if nausea or vomiting continues beyond the day of surgery, anti-nausea medications or a change in pain medication may be needed.

FEVER: 101 degrees or above may require increasing fluid intake or indicate the need for antibiotics.

DEHYDRATION: drinking adequate amounts of fluids is essential to recovery.

BLEEDING: if significant bleeding occurs gargle with ice water and call the office . Most often this will need to be evaluated in the emergency room. Sometimes it is necessary to be treated in the operating room.

You should have a post-op appointment for **2** weeks after surgery.

For questions, problems or refills call the office at (425) 775 -6651. Some pain medications require a written prescription at the pharmacy, so call for a refill before you run out of medication.

Medication requests must be made during office hours.

There is always a doctor on call for emergent problems day or night (425) 775-6651.