



**ALFORD ENT AND
FACIAL PLASTIC SURGERY**
6560 Fannin Street, Suite 704
Houston, TX 77030

Tonsillectomy/UPPP

Special Instructions

Call Dr. Alford if you develop any of the following: persistent fever above 101.5° that is unresponsive to Tylenol®, persistent nausea and vomiting, or other concerns. If bleeding from the mouth or nose occurs call immediately and/or go to the hospital emergency room.

Medications

A liquid antibiotic used to prevent infection will be prescribed and is to be started the morning after surgery. Take the full course of this antibiotic as instructed by your physician.

A liquid pain medication will also be prescribed for pain relief. Take as directed every 4 to 6 hours, as needed for pain. You will be given a prescription nausea medication, Zofran, to take if you develop any nausea. This is an orally disintegrating tablet that is quickly absorbed when placed under the tongue and works well to prevent or treat nausea. Applying a bag of frozen peas to your neck on and off for 15 minutes at a time may also aid in providing relief for throat discomfort.

Diet

Fluid intake is the most important factor in your recovery. Cold liquids will be more soothing than warm. You should try to drink at least 10-12 glasses of fluid per day. Water, Gatorade, flavored water, protein drinks, non-acidic juices (like apple or grape), non-carbonated beverages are all suitable. Do not use a straw to drink with. Popsicles and sherbet are good additions to fluids in the immediate post-operative time. Ice chips can also be very soothing. When tolerating fluids you may advance to custard, soups (warm not hot), mashed potatoes, macaroni and cheese, puddings, jello, and eggs. Taking pain medication 30 minutes prior to eating will provide comfort when you swallow. Chewing gum may help with ear pain (be sure the gum does not contain aspirin).

Avoid

Citrus fruits and juices, tomato juice, hot and/or spicy foods, sharp/crunchy foods, dry toast, crackers, nuts, chips, hard cereals, and all alcoholic beverages. Do not gargle or spray your throat with antiseptic sprays.

Activity

Limit activity to bed rest for the first 24-48 hours postoperatively. You may gradually increase your activity as tolerated within the confines of the home for 1 week. No heavy lifting and restrain from physical activity.

Be aware

You should use caution and sit upright when eating and drinking. Bad breath is common during the postoperative time and increased fluid intake will help. The back of the throat over the first 24 hours will gradually be covered with white patches, this is normal healing and not a sign of infection. Normally at about 5-7 days after surgery these areas will begin to break apart. You may swallow this debris or even cough it up, and again this is normal healing. During this healing phase you may have increased pain and ear pain. If you need a refill on your pain medication call the pharmacy and they will contact us.

Follow-up

You should see Dr. Alford within 2 weeks following surgery.
Please call for an appointment **713-532-3223**