

DIET:

1. A light diet, such as gelatin, liquids, and popsicles is best for the first 24 hours following surgery. Avoid spicy, hot or gaseous foods. Pudding and soups may be started after 24 hours have passed.
2. If patient experiences nausea or vomiting, avoid giving solid foods – resume clear liquids.
3. It is very important to encourage a good fluid intake, such as water, 7-Up, weak tea, Kool-Aid, Coke, Gatorade, sherbet, orange, or grapefruit juices.
4. Avoid crunchy foods such as popcorn, potato chips and pizza for **14** days following surgery. Any other soft food is acceptable at this time (cooked cereals, custard, Jell-O, soft eggs).

MEDICATIONS:

Continue routine medications.

Patient given Rx: _____

You may **alternate** Ibuprofen with your prescribed pain medication, unless directed differently. **DO NOT TAKE ASPIRIN.** If you are **NO LONGER** taking prescribed pain medication, you may alternate Tylenol with Ibuprofen for pain control.

If taking prescribed pain medication, you should not drink alcoholic beverages or drive a car.

GENERAL ANESTHETIC:

After a general anesthetic, the patient may experience some weakness, dizziness, sleepiness. A responsible adult must stay with the patient 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 up to 24 hours.

ACTIVITY:

1. Most patients should remain quiet for a minimum of 48 hours, and then activities may be resumed as tolerated.
2. Quiet activities like watching TV, video games, cards, board games, coloring and other favorite non-active pastimes like schoolwork or reading are good.
3. Children will be absent from school for about a week, adults will be absent from work for about two weeks.

SPECIAL INSTRUCTIONS:

1. Do not blow your nose for one week after surgery.
2. For approximately 10 days the patient may have ear pain. It may not be noticed until some of the throat pain has ended. This is common and has nothing to do with the ears, even if the patient had ear surgery. As the adenoid area heals, the ear discomfort will resolve. It is also normal for throat discomfort to seem worse during yawning and for the tongue to appear swollen and feel uncomfortable for a few days.
3. Nausea and vomiting are common for 24 hours. Vomiting may contain blood swallowed during surgery. Nausea beyond 24 hours may be due to reaction to prescription pain medication; try plain Tylenol or Ibuprofen.
4. A whitish scab will form on the tonsil area and the patient will develop a noticeable breath odor. This is normal and will clear.
5. Older patients may lose about eight pounds. **DO NOT** worry, it will return all too quickly.
6. Transient neck stiffness may be experienced and can be soothed by the application of a heating pad.
7. It is not unusual in the first 12 to 24 hours following surgery to notice small flecks of blood in the oral mucous or nasal mucous.

FOLLOW-UP:

Office appointment _____

Keep appointment as made during patient's pre-op visit.

Other: _____

MISCELLANEOUS:

Contact physician if patient experiences:

1. Excessive bleeding
2. Persistent severe pain not relieved by medication.
3. Vomiting after stopping prescription pain medication.
4. It is normal for two days to run a temperature of around 101° F, and 100° F for around one week after surgery. You may use Tylenol or Ibuprofen if needed. Beyond this if you have elevated or persistent fever, call your surgeon.

Drs. Jetmore, Bawa, & Hirons

Telephone (765) 966-1600

Toll Free (800) 891-1633

For serious problems, report to your nearest Emergency Department.

Instructions explained by: _____ Date: _____

I understand the above: _____ Relationship: _____

PATIENT INSTRUCTIONS

TONSILLECTOMY & ADENOIDECTOMY

UVULOPALATOPHARYNGOPLASTY (UPPP)

DRS. JETMORE, BAWA, & HIRONS

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