

# Postoperative instructions

## Tonsillectomy or uvulopalatopharyngoplasty



### Diet

- Be sure to drink to stay hydrated, even if it is painful.
- Drink or eat soft and cold or lukewarm foods and liquids for the 48 hours after your surgery (water, juice, milk, ice cream, Ensure, Gatorade, Jello, blended food, baby food, Pedialyte, Popsicles, apple sauce, pudding, frozen yogurt, etc.).
- Gradually return to your normal diet after 48 hours, depending on your tolerance.
- Do not eat any crunchy or crispy foods for 10 days following your surgery (crackers, potato chips, or crusty bread; etc.)
- Avoid carbonated drinks.

### Physical activity

- Avoid physical activities for 14 days following your surgery. Physical activity may cause bleeding during this period.
- Sleep with the head of your bed elevated for a few days after your surgery.
- Do not drive a vehicle if you are taking prescribed pain medication.
- Do not travel out of town for three weeks after your surgery.

### Pain control

- You may feel pain in your ears, mouth, throat, jaw and while swallowing. This is normal for up to two weeks after your surgery.
- Pain can sometimes increase five to seven days after your surgery. This is normal.
- Take your medications, as prescribed.
- **Do not take** ibuprofen (Advil, Motrin) or acetylsalicylic acid (Aspirin).
- Apply an ice pack on your neck for 20 minutes every two hours, if needed.

### Call 9-1-1 or go to the closest Emergency Room if:

- You suddenly bleed in your mouth;
- You feel your throat narrowing and are having difficulty breathing;
- You suddenly are short of breath;
- You spit up or cough up blood clots;
- You have a fever of more than 39°C (102°F) that does not go away by taking acetaminophen (Tylenol).

Your healthcare team is available to answer your questions. Do not hesitate to discuss details about the procedure, your health, or your return home.

### Next appointment

Date:

Time:

Please call your doctor's office on the day following your surgery to book your appointment. Notify 24 hours in advance for cancellations.

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