

Barry S. Tatar, M.D.

Board Certified Otolaryngology
specializing in the medical & surgical treatment of the ear, nose, throat & sinuses

8178 Lark Brown Rd. Suite 101
Elkridge, MD 21075-6438
410.799.3940 fax 410.799.3944
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TONSILLECTOMY/UPPP POSTOPERATIVE INSTRUCTIONS

What to Expect:

- Day 1 Usually few problems due to numbness of throat. Important to drink lots of fluids.
- Day 2-6 Sore throat, fever, lethargy. VERY important to drink lots of fluids. Eating is encouraged, but not as crucial.
- Day 7 Usually showing improvement.
- Day 8-14 Starting to feel back to normal. HIGHEST RISK OF BLEEDING. Keep activities limited and diet soft. Can return to school or work, but no sports or gym classes.

Specific Details:

Diet:

During the first weeks the patient follows a soft diet: popsicles, Jello, pudding, scrambled eggs, mashed potatoes, watermelon, etc. Avoid pretzels, popcorn, potato chips, other crunchy foods. Avoid acidic citrus drinks like orange juice and grapefruit juice. Avoid hot and spicy foods and drinks. Milk products may cause excess phlegm and gagging in some patients and are taken as tolerated
DRINK ENOUGH FLUIDS TO PREVENT DEHYDRATION AND FEVER.

Activity:

Encourage rest and quiet activities for the first week (TV, reading, cards, video games, etc.). Sleep is important. Avoid strenuous activity and sports for two weeks.

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Bleeding:

The period 7-10 days post-op has the highest risk. This is when scabs fall off and raw. There is sometimes increased pain. If bleeding is seen, rinse and gargle ice water and call Dr. Tatar. Mixing the ice water with hydrogen peroxide half and half will help get out scabs and clots. This often is all the treatment needed, but if the bleeding does not stop, or is excessive, go to the Emergency Room.

Pain:

Use the prescription that Dr. Tatar gave you for pain. Follow the directions. Start with the full dose and as pain decreases, take lesser amounts or less often. Tylenol or acetaminophen is fine after there is no longer a need for narcotics. It will also help with fevers. Avoid aspirin and aspirin-like products such as Motrin, Advil, Ibuprofen, Naprosyn or Aleve. These can increase bleeding. Narcotics can upset the stomach, so try to take the pain meds with food. The ears will often hurt from tonsil surgery. This is referred pain and can be controlled with the narcotics, or with Antipyrine/Auralgan ear drops. Do not use these drops if there are holes or tubes in the ear drums.

Temperature:

It is common to have a slight temperature elevation.. This is generally from not drinking enough. Infection is rare. The prescribed antibiotics prevent most and lessen post-op pain. If the temperature is over 101 degrees orally, increase fluids, take deep breathes, and take the pain meds. If the fever persists, call Dr. Tatar.

Bad Breath:

Bad breath is very common. Brushing the teeth and tongue and keeping the back of the throat moist helps. Rinsing with mild salt water helps. The scabs in the back of the throat are normal and will fall off in about a week. A white membrane will remain for a few weeks and is normal. The bad breath is even more common if the adenoids have also been removed.

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Nausea:

Phenergan has been prescribed for nausea or vomiting. Use as directed.

A post-op visit is recommended in 1-2 weeks.

CALL DR. TATAR IF THERE ARE QUESTIONS OR PROBLEMS. 410-799-3940.