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### **INSTRUCTIONS FOR TONSILLECTOMY, ADENOIDECTOMY, PALATOPHARYNGOPLASTY (PPP OR UPPP)**

**Do not take any aspirin or blood thinning products for 10 days to 2 weeks prior and 2 weeks following surgery. Please review medication sheet given to you when surgery was scheduled. This includes a list of all meds and herbals that you need to avoid. Examples of these meds are: Advil, Motrin, Ibuprofen, Aspergum, Asperrub, Alka Seltzer. Please talk to your pharmacist with any specific medication questions.**

**Take prescribed pain medicine routinely for the first few days following surgery.** Do not let more than 6 hours go by without taking pain meds. This will help keep you ahead of the pain. Set an alarm clock at night if needed. Codeine may cause constipation and nausea/vomiting. You may alternate the Tylenol w/codeine with regular Tylenol in children after a few days. You may also hold an ice collar to the front of your neck to help with pain.

#### **Days 1-3 and 7-10 are the most painful.**

Days 1-3, due to fresh surgical site, and days 7-10 due to the shedding of the scabs at the back of the throat. Take narcotic pain meds and go back to liquid diet during the time of shedding. By day 14 you will be starting to feel better.

#### **Ear pain is common following surgery due to referred pain from throat and positioning.**

Chewing gum and opening mouth wide are good exercise to avoid ear pain. A heating pad may also be helpful.

#### **Bad breath is common.**

Initially, due to the anesthesia and surgery, then due to the shedding of scabs. Brushing teeth is okay. DO NOT GARGLE. Drinking plenty of fluids will also help with this.

#### **Adequate fluid intake is essential!!!**

Start with ice chips, water, popsicles, Jell-O, broth, etc. Start with small amounts. Give 1-2 ounces every half hour for children; this will prevent them from getting overwhelmed. An easy way to determine if you are getting enough fluids is to watch urination. If urine is dark/concentrated it may mean that you are not getting enough fluids. Small children should have a wet diaper or pull up at least every 4-6 hours. Older children and adults should urinate at least 2-3 times a day. Avoid using drinking straws after surgery; the sucking motion may increase the risk of bleeding.

#### **Activity is limited for 14 days.**

No heavy lifting, straining or strenuous activity for 2 weeks following surgery. Children should engage in quiet play for 2 weeks. No PE or recess. Keep head of bed elevated for increased comfort.

White patches are common in the back of the throat and indicate that normal healing is taking place.

**If bleeding should occur.**

Gargle with ice water to get the bleeding stopped. **Notify your doctor immediately.**

Some coughing and thick mucous is common following surgery. Avoid clearing the throat.

Slight nasal bleeding and stiff neck can occur after an adenoidectomy. A nasal voice is also commonly noticed. You may use salt water (saline solution nasal rinse or ocean spray) through your nose for nasal crusting. These products are available over the counter.

You may notice a slight fever following surgery. Please notify your doctor if the fever is greater than 101.5 F

Be sure to keep your scheduled post operative follow up appointment.

Please contact the office with any questions or concerns.