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Sinus Disorders
Pediatric ENT Care
Ear Injuries & Disorders
Thyroid Problems
Hearing Loss
Facial Plastic Surgery
Voice Disorders
Acid Reflux

Tonsillectomy and Adenoidectomy, Uvulopalatopharyngoplasty, Cleft Palate Surgery

Diet

- We encourage patients to drink fluids and start with soft foods after palate surgery and tonsillectomy.
- Drink lots of fluids. Good choices are non-carbonated beverages such as water, Gatorade and sports drinks.
- Softer foods recommended include popsicles, sherbet, pudding, mashed potatoes, pastas, oatmeals
- Avoid tomato based products and citrus juices like orange and grapefruit juices as these may burn the throat.
- Patients may advance to more solid foods as tolerated. Dairy products and drinking from a straw are permitted. Eating and drinking helps healing and decrease pain because it exercises the sore muscles in the throat.
- You may brush your teeth and use diluted mouthwash as necessary, although it may burn.

Activity

- Light to moderate activity is recommended. Heavy lifting, straining, and contact physical activity should be avoided for 2 weeks following surgery.
- Expect at least a week to ten (10) days out of school or work.

Pain

- Your physician may prescribe a pain reliever and will advise you regarding nonprescription pain medication after surgery. Initially pain may be mild, then often increases later in the first week.
- After 7-10 days the pain should begin to improve.
- Ear pain can occur and will improve gradually. Adults generally take longer to recover.
- Do not take products containing aspirin or aspergum for 2 weeks. May take ibuprofen (advil, aleve, motrin) if instructed to do so by your physician.

Bleeding

Bleeding may rarely occur after a tonsillectomy 1-4% of the time, occurring most commonly one week after surgery. Patients with severe sleep apnea have increased risk of bleeding (9-10%) post operatively. If you experience blood-tinged saliva or a small amount of bleeding, please rinse with cold water or ice water. If bleeding continues, please call the office to speak with our nurse during regular business hours. After hours, please call the office and follow the prompts to contact the on-call physician. If your call is returned within 10 minutes, please call again. If the bleeding is significant after hours, you may go directly to the nearest hospital emergency department. Please notify us if you do so.

(Continued next on next page)

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Tonsillectomy and Adenoidectomy, Uvulopalatopharyngoplasty, Cleft palate surgery (continued)

Nausea/Vomiting

- Some patients may experience nausea and/or vomiting after surgery.
- Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

Healing

- The back of the throat often has a white or yellow appearance initially after a tonsillectomy. This appearance is normal and does not indicate infection. Over a few weeks, a normal pink appearance returns. A white coating on the tongue is also very common.
- Temporary taste alteration or tongue numbness may occur. Severe halitosis (bad breath) is expected for up to a week

Fever

A low-grade fever is common after surgery. Please contact our office if the temperature is 102°F or higher and does not respond to ibuprofen or acetaminophen.

Voice

The voice may sound high-pitched or different initially during the healing phase. With time and healing, voice quality should gradually return to normal.

Constipation

Due to changes in diet, activity, and use of medications, constipation may occur. Please maintain good hydration. Over-the-counter stool softeners (such as Colace) or Miralax may be used if needed.