



Dr. Huang's Post-Tonsillectomy or UPPP Instructions

Guidelines for Recovery after Tonsil Removal

Activity

For the first two weeks following a tonsillectomy, it is essential to avoid activities that could strain the throat and increase the risk of bleeding:

- **Avoid Strenuous Activities:** Refrain from heavy lifting, bending over, or high-intensity exercise.
- **Rest is Important:** Aim to rest and keep physical activity to a minimum to promote healing.

Diet and Hydration

A careful diet is key to preventing discomfort and complications during recovery:

- **Soft Diet for 2 Weeks:** Stick to soft foods that are easy to swallow, like yogurt, applesauce, mashed potatoes, and soups.
- **Avoid Crunchy or Hard Foods:** Foods like chips, crackers, or toast can scrape the throat and potentially cause bleeding.
- **Stay Hydrated:** Dehydration can increase throat discomfort as the wound area becomes dry. Drink plenty of water throughout the day, as staying hydrated also aids in healing and reduces pain.

Bleeding After Tonsillectomy

It is common for some patients to experience slight bleeding as they heal, typically between **4 to 8 days** post-surgery, but bleeding can occur anytime within the **first 2 weeks**. Follow these instructions carefully to manage and respond to bleeding:

If You Experience Bleeding:

- **Small Amount of Bleeding:** If you notice a small amount of bleeding, sit down, drink ice water, and rest. This may help slow or stop the bleeding.
- **Large Amount of Bleeding or Uncontrolled Bleeding:** If bleeding is heavy or does not stop with rest and ice water, go to the nearest emergency department immediately.

Preventing Bleeding

To help reduce the risk of post-surgery bleeding:

- **Avoid Smoking or Smoke Exposure:** Smoke irritates the throat and can trigger heavy bleeding. Avoid smoking and stay away from smoky areas while healing.
 - **Use Lukewarm Water for Showers:** Hot water can dilate blood vessels and increase the risk of bleeding. Shower in lukewarm water and avoid steam-heavy showers.
 - **Avoid Hot, Spicy, or Sharp Foods:** Stick to cool or room-temperature foods and drinks. Avoid spicy foods or items with sharp edges (like chips).
 - **Gentle Oral Care:** Avoid harsh gargling, and brush teeth gently. Instead of vigorous rinsing, try gentle mouth rinses as directed.
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Expected Temporary Side Effects

- Tongue Numbness
 - Taste changes
 - Minor cuts/abrasions to the lips or tongue
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When to Contact Dr. Huang's Office

Contact Dr. Huang's nurse at 402-403-3094 extension 123 OR Option #2 followed by Option #2

Contact Dr. Huang's office if:

- You have questions about your symptoms or recovery.
- You experience prolonged pain that does not improve with prescribed medications. This is generally a very painful surgery and pain medicine will make your pain tolerable but will not go away fully.

For any urgent concerns, such as heavy bleeding that does not stop with rest and ice water, please go directly to the nearest emergency department.

Patient Acknowledgment:

I acknowledge that I have received and understand the post-operative instructions and risks for my tympanoplasty surgery.

Patient Signature: _____

Date: _____