

James R. Eskew, M.D., PLLC

4101 James Casey Ste. 310

Austin, Texas 78745

Phone: 512-637-0961

info_eskew@jameseskewmd.com

Care Following Tonsillectomy with or without Adenoidectomy or UPPP

1. All patients will have sore throat, ear pain, low grade fever (up to 101), very bad breath, stiff neck,and distorted (nasally) voice. These are normal unless very severe. Usually fever means not taking enough liquids.
2. Pain control can be achieved without opioid exposure in most cases by alternating Tylenol (Acetaminophen) every 6 hours and Motrin (Ibuprofen) every 6 hours, 3 hours apart. This has to be done by the clock to be most effective at preventing pain from developing. This means the patient will have to be waked up every 3 hours. The Tylenol and Ibuprofen dosage for this patient will be figured by weight.
3. Activity should be limited x 2 weeks after surgery,children may return to school when not requiring pain control.
4. Appetite will be poor for at least a week. It is not necessary to eat solid foods before the throat feels better, but it is VERY IMPORTANT to DRINK ENOUGH LIQUIDS. (Example: Water, Juice, Pedialyte,Gatorade, popsicles, and soft drinks. Ice cream and milk shakes are foods and must be served with a liquidchaser. NO scratchy foods like chips, popcorn, fried foods, or raw vegetables.for 2 weeks. NO HOT temperature foods or drinks for 2 weeks.
5. Small amounts of blood in the saliva occur occasionally as part of the healing process. Gargling with ice water or sucking on ice chips usually stops this. Severe bleeding is rare but can occur. If bleeds more than half a cup or for more than an hour call the office at 512-637-0961 and I will be paged if the office is closed.
6. If you do not have an appointment to see Dr. Eskew in 2 weeks, please call the office at 512-637-0961