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# POST OP CARE T&A 12+

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## 1. WHAT TO EXPECT WHILE HEALING

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- Pain in throat and ears
- Difficulty while sleeping (due to throat becoming dry)
- No physical activities for 1-2 weeks after surgery (Please contact office before returning to normal activities)
- A low grade fever (under 102 degrees) is common during the first week after surgery. Can treat by increasing fluids and using Tylenol. Should temperature increase above 102 degrees, contact our office
- It is common for there to be white membrane in areas of throat where surgery was performed (DO NOT REMOVE THIS PROTECTIVE COATING)
- Bad breath is common after surgery, and will go away with time
- Please try not to excessively clear the throat, can increase throat irritation, and might cause post-op bleeding

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## 2. PAIN AFTER SURGERY

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- Pain after surgery is normal. You may experience more pain 3-7 days after surgery due to scab on the throat
- You may experience pain in the ears after having T&A (rarely accompanied by ear infections)
  - Ear pain is caused by the irritation of a nerve that supplies both the throat and the ears
- Pain while swallowing can occur
- Pain can become worse while sleeping and when waking up in the morning
- Treatment for Pain:
  - OTC Tylenol, using appropriate dosing every 4-6 hours
  - Drinking plenty of fluids, water, apple juice, Gatorade. Please avoid fluids with red coloring, along with fluids that are acidic such as orange juice
  - Your doctor may prescribe Tylenol with Codeine, take using appropriate dosing every 4-6 hours
  - You can also try ½ Maalox and ½ liquid Benadryl, take ½ tspn, swish and swallow every 4 hours when needed (this helps to coat the throat, to make drinking easier)
- Please avoid the use of Advil, Ibuprofen, Aleve, Motrin for two weeks before and after surgery, as these medications can increase the risk of post-op bleeding

### 3. WHAT YOU SHOULD AND SHOULDN'T EAT

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- Fluid intake is key in the recovery process
  - Fluids to drink: Water, Gatorade, Apple juice
  - Fluids NOT to drink: Orange juice, citrus fruit juice, red food/drinks
- Soft cold foods are best for diet after surgery. Including ice cream, popsicles, apple sauce, yogurt, pudding, Jell-O, and mashed potatoes (room temperature). Cold foods maybe more tolerated than warm foods
- Please avoid eating any hard, crunchy foods. Including toast, chips, nuts, popcorn, and pizza, as these foods can cause the scab to come off early, and increase changes of bleeding
- It is okay if the patient does not want to eat any solid foods during the healing process, the important thing is to keep drinking fluids

### 4. WHAT TO DO IN CASE OF EMERGENCY

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- In case of emergency:
  - 1<sup>st</sup>: immediately starting drinking ice cold water
  - 2<sup>nd</sup>: apply a cold ice pack to your neck
  - 3<sup>rd</sup>: contact our office at 936-321-2222
- If an emergency happens after office hours, please call our office at 936-321-2222, and you will be connected to our answering service, who will contact Dr. Liu for you.

**Please schedule 2 week Post Op after date of surgery with our office!!**