

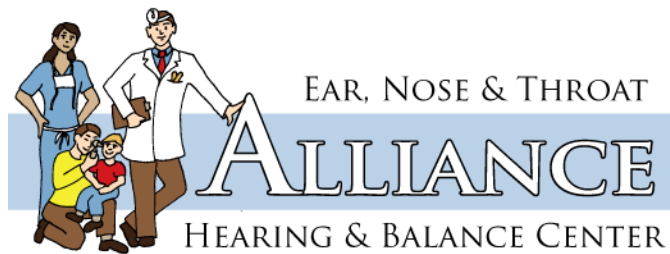
Palate Surgery: Home Care

What to expect

1. A severe sore throat and ear pain are expected after any surgery in the back of the mouth. You may see a white material where there was surgery. This is a soft scab and should be left alone until it dissolves naturally in about 2 weeks.
2. A temperature of 99-101° orally may occur 2-3 days after surgery and does not necessarily mean that there is an infection.
3. Bowel movements may be dark or black for a few days because of blood that has been swallowed.
4. The voice may temporarily sound differently after a tonsillectomy or adenoidectomy due to the loss of tissue and swelling. It should sound better in a number of days or weeks.
5. If you had a general anesthetic, nausea or vomiting may occur. Sometimes this is due to swallowed blood. Old regurgitated blood will look like coffee grounds.

General Instructions

1. Most patients will receive a prescription for a pain medicine. It is best to start this medicine before you have too much pain. It is also recommended that you take this medicine with some food to minimize upsetting your stomach. Some like to use an ice pack to the neck. **Do not take aspirin or ibuprofen-like medications for pain.** They will increase the risk of bleeding.
2. Do not gargle or use mouthwash.
3. If prescribed, use antibiotic medication as directed. It may reduce some of the pain.
4. Rest for the first days in bed with head elevated to reduce the risk of bleeding.
5. It is not recommended to participate in any strenuous activities, such as running, swimming, or ball-playing, for 2 weeks. You may want to stay out of work for 1-2 weeks.



Diet

Do not force solid food for the first day or two. When nauseated or in pain, drinking more fluids often helps. Cold noncarbonated fluids are usually most easily accepted.

Introduce a more solid diet as tolerated.

A bland soft diet is recommended for a full two (2) weeks.

Suggested drinks

- Flavored ices (Italian ice, popsicle, sherbet) - best immediately after surgery
- Clear liquids (water + lukewarm or cool tea)
- Juices (apple, apricot, pear, cranberry and other juices as long as not acidic)
- Kool-Aid, Gatorade and other sports drinks
- Warm or cool smooth soups (broth without additives that need chewing)

Suggested foods

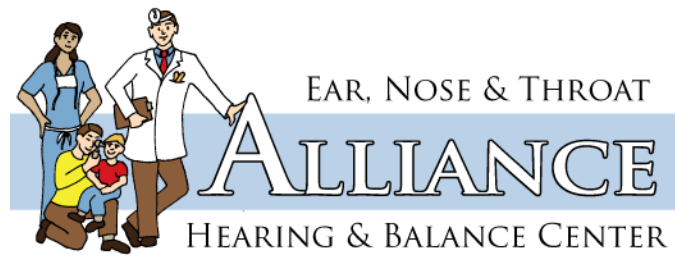
- Jell-O
- Apple sauce and pureed fruit drinks
- Puddings or custards
- Mashed potatoes and rice
- Pasta (without tomato sauce)
- Smooth cereals (Cream of wheat), pureed or ground foods, or baby foods
- Soft or poached eggs

Avoid all foods that are

- too hot or cold (ouch!)
- heavily seasoned or spicy: bacon or pizza
- acidic: grapefruit, orange, lemon, lime or tomato juice
- hard and crunchy: pretzels, potato chips, raw vegetables, crackers or popcorn
- raw fruit
- milk products: low-fat is better (although some like to drink frappes or shakes)

Call your Doctor when

1. fever over 101°
2. pain not relieved by medication
3. skin rash- stop antibiotic immediately and take Benadryl
4. persistent vomiting
5. poor fluid intake for more than one day
6. bright red bleeding or blood clots.



- a. remain calm since the bleeding will usually stop on its own
- b. elevate head, lean forward and gently spit out any blood. Avoid swallowing blood.
- c. Apply ice to neck or suck on ice cube.
- d. If bleeding persists, an immediate visit to the emergency room is appropriate.