

Pain Management and Medications

Take your pain medication as prescribed by your doctor. If a prescription was not provided, you may take Tylenol according to the directions on the package. Avoid taking Aspirin or non-steroidal anti-inflammatories (Advil) as they may cause bleeding.

You may wish to take it 30 min before meals to help you with eating. It is not uncommon to have an earache about 7 days after surgery. This is called referred ear pain and is not a new infection.

Activity/Exercise

- You may return to work or school 7-10 days after surgery
- Avoid strenuous activity for 2 weeks after surgery

Diet

Drink plenty of water. You may have apple juice, water, popsicles, ice cream, Jell-o (not red), milk or flat pop. Avoid acidic drinks such as tomato, orange, or grapefruit juice.

- Do not use straws
- You can chew gum to help your throat heal
- Progress your diet from liquids to solids as you can tolerate. It may take 10-14 days to resume a regular diet

Dressing/Wound Care

You may notice a foul odor from your mouth. A gentle rinse (Do not gargle) with ½ tsp of salt and 8oz of water may help.

A yellowish white scab will form at the back of the throat from the use of cautery. It usually comes off 7-10 days after surgery. When it comes off, you may notice a small amount of bleeding. Rinse gently with ice cold water. If any bleeding does not stop within 5-10 minutes, please go to the nearest Emergency Department immediately.

Danger Signs to Watch Out For

Contact your healthcare provider or surgeon if:

- A fever greater than 38°C that persists more than 2 days
- Pain that does not get better

Seek care immediately or call 911 if:

- Lots of bleeding from throat
- Difficulty breathing

Follow-Up

Follow up with your surgeon in 6-12 weeks. Please call their office to make an appointment.

If you have any questions, please contact your surgeon's office.

- Dr. Kolenda 905-849-7560
- Dr. Mabini 905-815-1162
- Dr. Lai 905-825-0549
- Dr. Holler 416-864-5279
- Dr. Zhang 905-901-5558

Other Instructions

This handout is for self-care. It should not be used to replace a visit with your healthcare provider. If you have questions about your personal medical situation, please call your healthcare provider