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POST OPERATIVE INSTRUCTIONS FOR TONSILLECTOMY AND/OR ADENOIDECTOMY

PROCEDURE CODE: under the age of 12 (42820)
over the age of 12 (42826)

Please call your insurance company to determine if a prior authorization or referral is required for surgery and whether you will have any out of pocket expense

WHAT TO EXPECT AFTER SURGERY

BLEEDING

- Bleeding is rare after surgery; however, there may be little spots of blood from the mouth or nose for the first day after surgery.
- Bleeding may also occur 5-10 days after surgery. This is the time when crusts fall off during the healing process. Day 7 seems to be the worst day.
- If bleeding persists, despite placement of ice packs on the neck and throat, call Dr. Mukkamala's office.

PAIN

- The amount of pain after surgery varies. A tonsillectomy is usually more painful than an adenoidectomy.
- Pain starts off at a lower level for the first day or so. The doctor wants you/your child to be as comfortable as possible. The following information will give you/your child the best relief.

After Adenoid Surgery

- Give plain Tylenol every 4 hours while awake for the first day or two

After Tonsil Surgery for Pediatric patients only

- Alternate giving plain Tylenol and Motrin even if your child is not having pain. This offers the best continuous pain relief.

Example:

- 12:00 p.m. Tylenol
- 3:00 p.m. Motrin
- 6:00 p.m. Tylenol
- 9:00 p.m. Motrin

- **PLEASE BE ADVISED** Per FDA warning Dr. Mukkamala is no longer prescribing Tylenol 3 with codeine **TO PEDIATRIC PATIENTS** due to serious complications.

After Tonsil Surgery for adult patients over the age of 18

- A prescription pain medicine will be issued, use only as directed.

****DO NOT TAKE ASPIRIN AS IT CAN CAUSE BLEEDING****

- Some people experience ear pain, which is very normal during recovery. This is not related to an ear infection. It is referred pain from the tonsil area. A heating pad may be helpful to ease the pain.
- It is sometimes useful to wake up and give a dose of pain medication in the middle of the night to avoid severe pain in the mornings.

FEVER

- Low-grade fever, even up to 102, is not abnormal after surgery for the first few days. Encourage deep breathing exercises and hydration if this happens. If it persists, call the office.

NAUSEA AND VOMITING

- Nausea and vomiting are common for the first day or two after surgery. This is mostly related to the after-effects of anesthesia.
- Medications to cut down nausea have unpleasant side-effects and I prefer not to use them.

DIET

- I give very few restrictions on diet after surgery. Avoid food that will scratch the throat (hard tacos, chips, etc.) Anything else is fine. Whenever you are able to eat, you can and you should.

COUGH AND BAD BREATH

- Bad breath is a result of bacteria growing in the scab after surgery. It is very normal and will go away as the scab goes away.
- Cough and congestion are due to excess secretions and will go away during healing.

RETURN TO WORK / SCHOOL

- Normal post-op recovery time is 7-21 days depending on the individual's healing process. We recommend to cease work or school during this time.

NO FOLLOW-UP IS NEEDED IN THE OFFICE AFTER SURGERY.

SHOULD YOU EXPERIENCE SEVERE SYMPTOMS NOT DESCRIBED AS NORMAL ON THIS POST OP INSTRUCTION SHEET PLEASE CALL THE OFFICE AND ASK TO SPEAK TO A MEDICAL ASSISTANT.

PLEASE FOLLOW THESE POST OP INSTRUCTIONS PROVIDED BY DR. MUKKAMALA ----DO NOT REFER TO THE POST OF INSTRUCTIONS THAT YOU ARE GIVEN UPON DISCHARGE FROM THE HOSPITAL.

ANY QUESTIONS AFTER HOURS:

Call office (810) 244-8400 to contact Dr. Mukkamala

GOOD LUCK!!!