

# POST-OP INSTRUCTIONS FOR PALATAL AND/PR BASE OF TONGUE SURGERY

## After Surgery it is normal to have:

- Moderate to severe throat pain.
- Moderate to severe ear pain. This pain is associated with the throat pain, and is not the cause of an ear infection.
- Foul breath and white crusts, or bruising in the back of your throat. This is from the scab that forms after surgery.
- Reflux of liquids into your nose when drinking.
- Temporary voice changes with high pitched, whiney, nasal quality.
- Tongue numbness, minor swelling, altered taste.
- Minor bleeding on and off from the back of the throat and nose.

## Things to Do

- **Medications:** Take all of the antibiotic and anti-inflammatory medication as prescribed.  
Use your pain medication as needed. Be sure to take these with food to reduce nausea. These may cause drowsiness, nausea or constipation. Do not take any additional Tylenol, as the pain medication typically prescribed contains Tylenol.
- **Diet:** Patients who have received general anesthesia may experience some nausea and occasionally, vomiting. It is preferable to eat a bland light meal or liquid diet on the first day after the surgery. Drink plenty of fluids. Patients that have undergone palatal and/or base of tongue surgery may experience pain when swallowing, as well as reflux of liquid into the nose. This resolves usually within a couple of days after surgery. Try taking small sips of liquids and stay on a soft diet if you are experiencing difficulty with swallowing.

- **Activity:** Elevate your head at all times for the first 4-5 days after surgery, even when you are sleeping. You may shower and wash your hair. Make sure someone is home with you in case you feel drowsy or faint. Do not perform any strenuous physical activity for the first two weeks after surgery.
- **Follow-up:** You will need a follow-up appointment in the office usually 1 week after surgery. At this visit, you will most likely undergo a flexible endoscopy to evaluate the back of your throat and the base of your tongue. Proper post-operative care is essential to prevent scar formation and allow normal healing.