

POST-OPERATIVE INSTRUCTIONS SOMNOPLASTY TREATMENT FOR OBSTRUCTIVE TONSILLAR HYPERTROPHY

1. Continue use of antibiotics if ordered by your physician.
2. Over-the-counter analgesics and/or lozenges can usually relieve discomfort. **DO NOT TAKE ASPIRIN** or aspirin products.
3. Ice chips, cold liquids and ice packs can be useful.
4. For the first three nights sleep with head at a 45° angle.
5. Eat soft solids; no hot temperature foods.
6. The following side effects may be noticed in the early post-operative period:
 - Sore throat
 - Swelling in the treatment area or surrounding areas. This may result in difficulty swallowing with an associated “full” feeling in the throat.
 - Disrupted sleep
 - Voice changes
 - Symptoms generally resolve within two to three days after treatment
7. The doctor wants to see you: _____ . Call the office to arrange for an appointment if this has not already been done.
8. Contact your physician immediately if any of the following occur:
 - AIRWAY OBSTRUCTION
 - “Lockjaw”
 - Swelling in the neck
 - Pain greater than expected
 - Significant difficulty swallowing
 - Fever (temperature greater than 100° F)
 - Bleeding

Surgeon's Office Number