

- A **sore throat** that lasts up to 2 full weeks is normal. It is ok to take the maximum dose of pain medication every 4 hours for 2 full weeks without the risk of side effects. You may wake your child to administer pain meds at night. You may also use plain acetaminophen, sore throat sprays, strips or lozenges.
- It takes up to 3 days for the anesthesia to wear off after which time your **pain may worsen**. Between days 7 and 10 some people will have what is called **rebound pain**. This is also normal. Drink lots of fluids and take your prescription pain meds on a regular basis. Warm salt water gargles may also help your discomfort.
- Some people suffer from **nausea and /or constipation** after surgery. This can be due to pain medications or just how your body handles surgery. Please contact the office if these symptoms last more than 3 days.
- **Ear pain** is normal after a throat surgery. Drinking lots of fluids, taking your pain meds regularly and warm or cool compresses may help.
- A **fever under 102F** is normal after surgery. Dehydration will cause a fever. Make sure the patient is drinking lots of fluids. If they are drinking plenty of fluids and still have a fever over 102F please contact the office.
- **Drinking lots of fluids** after surgery is very important. The patient should be drinking many glasses of liquids a day. Liquids include juices, water, Kool-aid, liquid yogurt, Jell-O, ice pops, snow-cones, slushies, smoothies, etc.
- Some people **don't eat well** after a throat surgery. During the first 2 weeks drinking fluids is strongly encouraged. Normal appetite should return as they heal. Add more soft foods as you feel up to eating. During this 2 week period do not eat anything scratchy, sour or spicy.
- **Discolored patches** on the back of the throat are normal after surgery. These are the scabs from the procedure. These can be white, gray or even yellowish green in color. Very bad breath is also normal after throat surgery. DO NOT use any alcohol based mouthwash as this will burn.
- A **swollen uvula** (the "hangy-down-thing" in the back of your throat), is normal after throat surgery. If it causes you problems or lasts longer than one week please contact the office.