

## Postoperative Panendoscopy Instructions

*Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey*

### Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
  - 9am to 5pm, Monday-Friday
  - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

### When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- I will call if I have a fever above 101.5 degrees.
- If I am short of breath or have chest pain with no activity, I will call my doctor's office.

### What should I expect after surgery?

- I will have a sore throat for several days.
- I will have some blood in my spit for several days.

### When will I see my doctor?

- My doctor will call me with the pathology results from the surgery.
- I need to have a follow-up appointment with my doctor in 1 to 3 weeks after surgery.

### What about my pain?

- I will have some discomfort.
- I may use over the counter Ibuprofen or Tylenol.
- I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
  - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
  - I will not drive if I am taking narcotic pain medication.
  - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will take acid reflux medication if my doctor instructs me to.
- I will follow pain medication instructions given by my nurse or pharmacist.

### What do I eat?

- I may eat whatever I feel comfortable eating.
- I may find it easiest to start with liquids and add foods slowly over the next 2 days.

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