

# Postoperative Zenker's 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 my doctor 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 after surgery.
- I will have a small amount of blood in my spit for a few days.

## **When will I see my doctor?**

- I need to have a follow-up appointment with my doctor in 2-3 weeks after surgery.

## **What about my pain?**

- I will have some discomfort.
- I may take over the counter Ibuprofen.
- I may take over the counter Tylenol if I am NOT taking Norco, Lortab or Percocet because they have Tylenol in it.
- I have been given a prescription for narcotic pain medication.
  - I will call my doctor if I have nausea or vomiting with this medicine.
  - 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 may be given Tetracaine lollipops to help numb my throat.
- I can take over the counter Ibuprofen or prescribed Meloxicam for pain.
- I will follow pain medication instructions given by my nurse or pharmacist.

## **What can I eat?**

- I will have liquids for the first day after surgery. Milkshakes and yogurt are ok.
- Starting the day after surgery I can eat soft things like mashed potatoes, noodles and ground meat.
- Three days after surgery I can begin to eat whatever feels comfortable to me.

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