

Care Instructions After Pharyngoplasty

What can I expect after my child's pharyngoplasty?

- Your child will have stitches on the back of their throat that go all the way to the roof of the mouth. You won't be able to see these from the outside of their body.
- Your child may have some red drainage (leaking fluid) from their mouth and nose.
- Your child may have throat pain and a stiff neck after surgery.
- Your child may not want to speak immediately after surgery because of pain. This is normal and should get better within a few days.

What pain medications will my child be taking?

- We will prescribe acetaminophen (Tylenol®) and ibuprofen (Motrin®) to help manage your child's pain after surgery. You should give these medications around-the-clock (except for when they are sleeping) for about 3-5 days after surgery. **Around-the-clock** means you will give them throughout the day on a set schedule. Give them these medications together every 6 hours (for example, you can give your child doses of both Tylenol® and Motrin® at 9:00 AM, 3:00 PM, and 9:00 PM).
- We will also prescribe oxycodone for pain control. You should only give this if their pain is not being controlled by the acetaminophen and ibuprofen.

How will my child eat and drink after surgery?

- Your child will be on a soft food diet for 1-2 weeks after surgery. This is to protect the surgery site and their sore throat.

- Avoid putting hard objects in their mouth, like popsicle sticks and forks or spoons, until your follow-up appointment.

What activities should my child avoid after surgery?

- Your child should avoid playing sports or doing strenuous activity (anything that makes them breathe hard and gets their heart rate up) for 4 weeks.
- Your child can bathe or shower after surgery with no restrictions.

When should I call the Pediatric Plastic Surgery clinic?

Call the clinic:

- If your child has any extreme swelling in their throat, neck, or face
- If your child has pain that is not going away and is not relieved by their pain medications
- If you notice symptoms of infection, such as:
 - Bright redness at the back of the throat
 - New or worsening pain
 - Fever (a temperature greater than 100.8° F)
 - Bad-smelling drainage coming from the mouth

What is the contact information for the Pediatric Plastic Surgery clinic?

- Between 8:00 AM - 4:30 PM Monday through Friday, call (734) 998-6022 or send us a message through the online patient portal (MyUofMHealth.org).
- For urgent issues after 4:30 PM or on weekends, call the hospital at (734) 936-4000. Ask the operator to page the on-call pediatric plastic surgeon.

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