

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

# Department of Plastic and Reconstructive Surgery Ward L5

## Patient Discharge Information Pharyngoplasty

### Document history

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## Discharge information

You will be discharged from hospital approximately three to five days after your operation.

By the time of your discharge you can expect to be eating a soft diet. You can progress to normal solid diet within three to four weeks.

Take care not to cause damage when brushing your teeth.

Continue to drink plenty of fluids, particularly after eating. This will help keep the mouth clean. Avoid hot drinks for as long as your consultant advises you to.

Stitches will dissolve in time and therefore do not need to be removed. Sometimes the stitches may fall out leaving a small hole in the palate. There is no need for undue concern. The hole will close in time on its own.

Depending on your type of work it is recommended you have approximately two to three weeks off work. The ward can issue you with a sick certificate upon request or you can obtain one from your GP.

An appointment will be sent in the post to attend the outpatient department in approximately 6-12 weeks time to see your consultant or a member of his team.

## Discharge advice

**Pain relief** – Some discomfort after surgery is to be expected. You may have been given pain killers on discharge. Continue taking these as instructed on the packet. If you did not receive pain killers on discharge, it may be because you did not require any at that time. In this situation, if you do require pain relief paracetamol is advised.

**Driving** – You should avoid driving for two to three weeks. You should check with your insurance company to confirm your insurance remains valid.

**Household chores** – You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually.

## Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

If any of these symptoms occur, contact your GP or Ward L5 on **01223 348503** for advice. If an infection does occur further treatment maybe required.