

Post-Op Instructions for Tonsillectomy & Adenoidectomy

After Surgery:

1. Keep indoors for the first few days. Patients may go outside if weather is nice and not too hot. Patient should not get overheated!
2. **Diet:** ices, popsicles, soft drinks, juices such as grape and apple. Avoid orange juice, pineapple juice, grape fruit juice, and tomato juice as they may burn the throat.

Important: Encourage the patient to drink frequently, as the more he swallows the less sore the throat will be, and less likelihood of dehydration. Soft and not too highly seasoned foods are encouraged. For starters, dairy products such as ice cream, yogurt, and milk shakes, jello, custards, etc. then soft cereals like grits and oatmeal. Soups, mashed potatoes and noodles are just some examples for caloric intake.

Avoid foods that may scratch the back of the throat. Gradually increase patient's diet as he progresses.

3. **Pain Control:** Patient will experience THROAT and EAR pain. Typically the pain and referred pain to the ear peaks at about 5-8 days and should be expected. Your doctor will prescribe pain medication which should be given as directed. TYLENOL can be rotated in between doses. **AVOID ASPIRIN, IBUPROFEN** (such as MOTRIN, ADVIL) etc.
4. Low grade temperature is normal. A temperature over 101 degrees is an indication of poor fluid intake, therefore increase fluids. (Example: 3 sips of fluid every 10 minutes.)
5. **Bleeding:** Bloody nasal discharge is normal after adenoidectomy. Two white patches (actually scabs) will form where the tonsils were removed. Bleeding from the mouth is most experienced when the scabs fall off at the 5-7 day period. This should be treated by sucking on ice chips and placing the ice collar around the neck. If this does not subside, please call the office at 769-1090.
6. **Activity:** The patient may return to school or work in 7-10 days after surgery. No strenuous physical activity for two weeks after surgery.
7. **Check Ups:** We wish to recheck the patient in our office in 7-10 days after surgery.