

TONSILLECTOMY AND ADENOIDECTOMY POST-OP INSTRUCTIONS

BEFORE THE SURGERY:

1. Nothing by mouth after midnight the night before surgery.
2. No blood thinners such as Motrin®, Naproxen, Ibuprofen, Advil, Aspirin, Aleve®, vitamin E or fish oil for one week prior to surgery.

AFTER THE SURGERY:

Diet: Fluids are extremely important after surgery. Dehydration will lead to increased pain and slower recovery. In general, if you are not urinating at least four times per day, you should increase your fluid intake. Avoid citrus juices, which can sting the throat. Ice chips and popsicles are good sources of fluid, and they cool the throat to ease the pain. Examples of a soft food diet would include applesauce, yogurt, Jell-O, pudding, soups, scrambled eggs, mashed potatoes and ice cream. Avoid red food and drinks as they may be mistaken for blood. Avoid crunchy foods such as pretzels, chips and pizza crust for about two weeks after surgery.

Pain: Pain control is important after surgery. Remember that it is easier to control pain before it sets in. We recommend giving the child acetaminophen (Tylenol®) every four hours. It is common to have ear pain that is referred from the throat. Use ice packs on the neck and below the ears.

Rest: Rest as much as possible for the first few days. For the first week, you should limit yourself to housebound, restful activities. You should plan to take one week off of work/school and then do no strenuous activities for the second week. You can resume gym class after two weeks.

COMMON FINDINGS:

- A fever is very common after surgery. Call the office if the fever rises above 101.5°F.
- Fluid may come out of the nose after drinking. This occurrence is due to swelling and a lack of muscle control.
- Bad breath is common for several weeks. The cauterization causes the bad breath. Gargling with warm salt water will help.
- Your voice may sound different or more nasally. Breathing and snoring may sound worse at first due to swelling.
- The uvula may swell.
- There will be white patches in the throat about seven to 10 days after surgery. The white patches are not an infection, but scabs. They will start to slough off. Some bleeding may occur. Ice chips or cold drinks should help.
- If bleeding is severe or lasts more than five minutes, go to the nearest emergency room for treatment. The throat may need to be cauterized again.
- There will be a post-op appointment scheduled for about four weeks after surgery.

IN CASE OF AN EMERGENCY:

Please call our office at (419) 724-8368. After hours, our answering service will reach the provider on call for you.