

POST OPERATIVE INSTRUCTIONS – TONSILLECTOMY AND/OR ADENOIDECTOMY

Please read this sheet before and after your surgery and follow all instructions to assure the best result from your surgery.

- ▶ Please arrive to the hospital on time. If you are late, your surgery may need to be postponed or delayed.
- ▶ It is very important that you arrive with an empty stomach. If you drink water, coffee, etc or have anything to eat after midnight the night before, your surgery will be cancelled. This is to ensure your safety.
- ▶ You must have someone drive you home and stay with you the first night after surgery. There are no exceptions to this rule. Please make the appropriate arrangements well in advance. You cannot take a cab or bus home.
- ▶ Do not take aspirin or aspirin containing products (Excedrin) for 7 days prior to surgery. Let us know if you are on a blood thinner (Coumadin / Warfarin).
- ▶ Severe throat pain is to be expected. Do not be surprised if the pain becomes a little worse over the next 3 – 6 days before getting better.
- ▶ Most adults need up to 2 weeks off work or school after surgery. Do not fly or travel out of town for at least 2 weeks after surgery.
- ▶ Children are usually ready to return to school after 7 – 10 days. No contact sports for 2 weeks. No traveling for 2 weeks.
- ▶ DRINK PLENTY OF FLUIDS. Water and juice are best. Carbonated beverages may hurt your throat. Milk and dairy products will cause extra phlegm. However, if milk is all your child will drink, it's OK to give to him/her.
- ▶ Some blood in the saliva is normal after surgery. Sometimes bleeding occurs 1 – 2 weeks after surgery. If you have a little bit of bleeding, try rinsing and gargling with ice water. If you are coughing up blood, or have a lot of blood in the mouth, call our office immediately. Go to the ER if the bleeding is severe. Bleeding occurs more often when patients don't eat or drink fluids. Please try to eat, even if you do not feel like it. It is good for the throat to keep swallowing.
- ▶ Eat Jell-O, popsicles, warm or cool soup (not hot) the first 1 -2 days. Then you can add other soft foods like pasta, potatoes, macaroni and cheese, eggs, cream of wheat, yogurt, pudding, etc... KEEP EATING!!
- ▶ Your throat will look bad. The white and yellow scab forming is not an infection. Your breath will smell bad; especially if the adenoids are taken out as well. Please expect this.
- ▶ It is normal to have some ear pain after a tonsillectomy. Common nerves shared between the ears and throat cause this: it does not mean you have an ear infection. Using your pain medication and chewing gum will help alleviate the pain.
- ▶ Please use your pain medications as directed. DO NOT supplement your medication with other medications unless directed by your physician. DO NOT take aspirin or products containing aspirin for 2 weeks following surgery.
- ▶ If you are given a suppository or oral medication for nausea, please use it. It will help you feel better and sleep better at night.
- ▶ Please be aware that narcotic pain medications (Vicodin / Lortab) can cause constipation. Use an over the counter stool softener if needed, and discontinue the pain medication as soon as possible.
- ▶ Remember that you will have a lot of pain. It will get better and you will feel much better in 8 – 9 days or so.

Finally, please call the office and talk to the medical assistant if you have any questions of concerns about your recovery. Be patient, it will take a week or 2 until you feel normal again.