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Post Operative Instructions: Tonsillectomy/ Adenoidectomy

You have elected to have a Tonsillectomy/Adenoidectomy. Here are a few things to remember about the surgery and recovery:

- You have been provided with a list of medications to avoid two weeks **before and after** surgery. Please read through this list very carefully. Any questions on medications that are not on this list and you are not sure if it will cause blood thinning please contact our office. This is very important.
- 2-3 days after a Tonsillectomy you will note an increase in pain in the throat. This is the inflammation setting, and the scabs starting to form. The scabs will be a white, yellow, or green coating where Tonsils once were. This is not a sign of infection. Foul breath is normal while scabs are present. The scabbing color can change throughout recovery. It is not normal to have coating on the tongue. If you see a coating on the tongue please contact our office.
- 2-3 days after an Adenoidectomy you may have an increase in nasal congestion. This is caused by the inflammation setting in, and is normal recovery. You may also have some blood tinged mucous from the nose. This should not be like a nosebleed, and should only appear in slight amounts mixed in with the mucus. A sore or stiff neck is also common after an Adenoidectomy.
- Approximately one week after a Tonsillectomy you will have a **major increase** in throat pain. At this point the scabs are starting to come off. A little bit of bleeding or oozing is okay at this point. If these are noted you can drink or suck on cold items. If you have bleeding you can swish and spit with a 50/50 mix of Hydrogen Peroxide and salt water. If bleeding persists or appears to be more than 2-3 tablespoons proceed to the ER immediately.
- Ear pain is very normal after a Tonsillectomy, and can be present throughout the whole recovery process.
- No lifting, bending, and or straining for **two full** weeks following surgery. We ask that you do not travel for two weeks following surgery, or until seen post operatively.
- Staying hydrated after a Tonsillectomy is very important. Even if the patient isn't eating much at all, as long as they are hydrated this is okay. Signs of dehydration are uncontrollable pain, high temperature, headache, nausea/vomiting, and lethargic behavior. If you suspect dehydration go to the ER at once for IV fluid therapy.
- Diet after a Tonsillectomy: Soft foods are recommended. Avoid acid items as they may burn when swallowed. Popsicles, Gelatin, juices (non-acidic), water, soft drinks, etc. are good. Avoid milk/dairy products for at least a few days following surgery as they may increase phlegm production. Avoid sharp or scratchy foods like chips as they may increase pain and cause bleeding. Salty foods such as soups, broths, French fries may help relieve discomfort and promote healing.
- Our office does not phone out pain medications after hours or over the weekend. If you feel you may run out of medication please inform our office promptly. You will be directed to the ER for pain medications after hours. Instacares typically do not give out pain medications.

Thank you for allowing us to assist in your medical care. Please feel free to contact the office at 801-268-4141 with questions or concerns. For after hour concerns that cannot wait until the next business day, please call the answering service at 801-263-4176.

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