

Post Operative Care instructions Following Tonsillectomy

The following instructions will help you know what to expect in the days following surgery. Do not, however, hesitate to call if you have any questions or concerns.

Physical Activities

After this surgery, children should rest but may play inside after one or two days and may be outside after 3 or 4 days, if they feel up to it. Adults should avoid any strenuous physical activity following surgery. Children and/or adults may return to school and/or work whenever comfortable; a week is average, but 10 to 14 days is not unusual.

Diet

The more you drink, the sooner the pain will subside. Water, apple juice, grape juice, and Gatorade are excellent sources of liquid. Soft foods such as ice cream, sherbet, yogurt, pudding, apple sauce and jello, should also be encouraged. Other soft, easily chewed foods are also excellent. Avoid hot or spicy foods, or foods that are hard and crunchy. Often, chewing gum speeds comfortable eating by reducing the spasm after surgery and can be started anytime after surgery.

Pain

For the first several days (occasionally up to 10 days) following surgery, pain in the throat is to be expected. This can usually be controlled with Liquid Tylenol (acetaminophen) or Percocet (hydrocodone/APAP) this prescription will be given at the time of surgery. Avoid medication containing aspirin, ibuprofen, or other anti-inflammatory medication, for 2 weeks. Pain is often worse at night and may prompt the need for additional pain medication. Ear pain, especially with swallowing is also a common occurrence; it is

not an ear infection but due to referred pain from the surgery. Treat it with Tylenol or Percocet. Occasionally a stiff neck may occur. Please call if it becomes excessively painful.

Ice Collar

An ice collar can also be helpful for post operative sore throat. Make this by placing ice cubes and water in a large Zip-Loc bag and wrapping it in a towel. Gently lay the ice pack on the front of the neck.

Fever

A low-grade fever (less than 101 degrees) following surgery may occur and should be treated with Tylenol (acetaminophen). Follow the directions on the bottle. If the fever persists (more than two days) or if a higher fever develops, call. Fever may indicate that you have not taken in sufficient fluids or may have an infection.

Bleeding

Post-operative bleeding is unusual, but it can occur up to 2 weeks after surgery. Most bleeding is minor and you may only see a little coating of blood on the tongue. If this happens, sit upright, and place an ice collar on your neck. Watch for spitting, coughing, or vomiting of blood. If you suspect bleeding following surgery, call immediately.

Follow up

Arrange to see us 3 to 4 weeks after surgery. Appointments can be made by calling our office at: **703-941-9552**