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Post-Operative Tonsillectomy and Adenoidectomy Instructions

I hope this day has gone well for you. Please take the day easy and keep your head elevated. A soft diet (such as mashed potatoes, mac and cheese, and cool soup) is recommended for the next 12-14 days until the tonsil heals. Avoid crunchy foods until the scabs come off. Swelling of the palate and a white covering in the tonsil fossa is normal. Cold liquids, smoothies, ice cream and sherbet help with the swelling and pain. Maintaining hydrations is very important. Do not stop drinking as this will make the pain worse and increase the risk of bleeding. Avoid acidic drinks such as orange juice or lemonade.

Recommendations for pain medications have changed. Narcotics are no longer recommended for children. Alternating doses of Tylenol liquid every 4 hours and Ibuprofen liquid every 6 hours is the current standard. No more than 2 doses of Ibuprofen in a 24 hour period to be given. The nurse will tell you the recommended doses.

If bright red bleeding occurs you may gargle with ice water but it is best to go to the EMERGENCY ROOM to ensure all bleeding has stopped. This may occur when the scabs peel.

FAQ

No strenuous activity for 2 weeks, such as sports, gym and outdoor recess.

Ear pain is common which is referred from the throat. Continue cold liquids. This will resolve.

Pain may increase for a few days while the scabs are coming off. This is normal.

If signs of dehydration occurs, such as low urination, low fluid intake, dry mucous membranes, go to the ER.

Fever greater than 101.5, call the physician.

I hope these instructions are helpful but please contact the office if you have any questions.