

Tonsillectomy/Adenoidectomy Post op Instructions

You or your child has had surgery to remove the tonsils and possibly the adenoids. It is normal to have pain after a tonsillectomy for up to three weeks. **The pain generally gets worse at about days 4-7 after surgery.** Two white patches will form where the tonsils were removed. The scabs will usually slough off within two to three weeks. You will receive a prescription for liquid Vicodin, Hycet, Percocet, Tylenol and/or Ibuprofen to help with pain. If you are not taking the narcotic, please alternate Tylenol and Motrin as prescribed. Try taking the pain medicine at least fifteen minutes after eating to avoid stomach pain and with plenty of water.

It is very important that you drink as much fluid as possible during your recovery. You should slowly advance your diet. The more you are able to swallow, the faster the pain will improve. Following surgery drink cold clear liquids including water, Gatorade, ginger ale or other sodas (let them become slightly flat), apple juice, white grape, etc. You may also try sherbet; fruit based smoothies, or popsicles. On the second day drink cool liquids and try very soft foods. Avoid orange juice, grapefruit juice, tomato juice or other acidic products as they will burn the throat. Do not eat dry or crunchy foods such as hard crackers, popcorn, peanuts or potato chips.

Earache is a common postoperative complaint and is referred pain from the throat. Some patients complain of increasing throat/ear pain for seven days after surgery. Because swallowing is painful, there may be poor oral intake of fluids. If this cannot be corrected at home, the patient may be admitted for IV fluids. **It is normal to have a mild temperature elevation after surgery.** If the patient's temperature is more than 101.5 and does not respond to the pain medication please contact the office.

During the healing process the patient's breath will also smell badly which is very common. You may go ahead and brush your teeth or gargle with water several times a day.

You should use common sense when resuming activities. The patient does not need to remain in bed for the entire recovery period. Children may return to school five to seven days after surgery depending on how they are feeling. No gym or physical activities for 2-3 weeks. Adults may return to work after seven to ten days unless the job consists of heavy lifting; if this is the case, you should go on "light-duty" the second and third weeks postoperatively. It can take up to three weeks to completely heal the throat area; therefore do not engage in an activity that will raise your heart rate.

About two percent of people will experience bleeding when the scabs slough off. If this happens do not become alarmed. Sit up and spit out any blood gently. Drink ice water and remain quiet. You may try to put pressure on the bleeding area using a Popsicle. If the bleeding does not stop within five minutes proceed to the emergency room. Treatment of bleeding is usually an outpatient procedure but sometimes requires control in the operating room under general anesthesia.

Normally the patient is seen back in three-four weeks for a post op appointment. Please call the office to set up your follow up appointment or if you have any questions. The office number is 269-343-1296.