



Tonsillectomy & Adenoidectomy Post-Operative Care and Instructions

DIET:

On the first evening after surgery you may attempt to feed the patient a liquid diet. The diet may then be advanced to a soft diet as quickly as the patient tolerates.

It is very important to encourage the intake of fluids, which will prevent dehydration and make swallowing easier. During the first 24 hours after surgery, clear liquids are recommended such as water, Gatorade, Popsicles, **lukewarm** chicken broth. Milk or dairy products are fine, but they may increase the thickness of the saliva. We recommend sherbet or sorbet instead of ice cream. Advance to soft foods such as Jell-o, mashed potatoes, pasta, and eggs. It is much more important that the patient drink fluids than eat solid foods. As long as he/she is able to produce tears when crying and they are urinating, then adequate hydration is being maintained.

DO NOT eat or drink

- hard, dry, or scratchy foods such as crackers, pretzels, dry cereals, and chips
- acidic liquids such as orange juice, grapefruit juice, tomato juice, and lemonade
- spicy foods
- pizza sauces and spaghetti sauces also have high acidic content
- hot beverages or foods
- carbonated beverages

Nausea and vomiting can occur during the first evening as a result of having a general anesthetic. Giving pain medicine or antibiotics on an empty stomach can make it worse. If the patient is not able to keep liquids down, do not force them to do so. Stop giving the liquids and try again in the morning. If the patient experiences nausea and vomiting at that time, please call us.

ACTIVITY:

For the first 3 days following surgery, activity should be limited to gentle walking around the house. Return to school or work is dependent on symptoms present, but in general it is 7 days after surgery. Please refrain from any strenuous activity for 14 days after surgery. This includes swimming, running, bike riding, climbing, sports activities and rough play. No bending or lifting for 2 weeks.

MEDICATIONS:

Most patients will experience a sore throat for 1-2 weeks and some patients will complain of ear pain, which is often referred pain from the surgical area. Most often, the 2nd-5th days after surgery are the most painful.

For pain relief, please use Tylenol in liquid or chewable form according to the dosage directions on the package for your child's weight and age. If your child is old enough, a prescription for something stronger may be given to use as needed.

Do not give any aspirin or ibuprofen/Motrin products for two weeks after surgery.

BLEEDING:

After the procedure, some blood-tinged saliva is to be expected, and this is not worrisome. However, if bright red bleeding is noted, more than a tablespoon at one episode, immediately have the patient place an ice pack on the neck and gently gargle ice cold water and call the office. Parents may carefully brush children's teeth but should be cautious about letting the toothbrush touch the healing surgical area. Do not let small children brush their own teeth for 2 weeks.

FEVER:

It is common to have a low-grade fever (101.5 and below) for 72 hours after surgery. Give Tylenol for the fever. If it is above 101.5, please call our office.

ODOR:

After surgery, the throat will have a white patchy covering over it. This is a normal protective healing layer and will return to normal pink color after 2 weeks. Also, there may be an unpleasant odor from the nose or mouth. It will disappear as the surgical site heals.

WHEN SHOULD WE CALL THE DOCTOR?

Bleeding: A small amount of blood-tinged saliva can be expected within the first 10 days following surgery. More than one tablespoon of fresh blood should be reported to our office as soon as possible. If bleeding persists, begin icy cold water gargles. Apply ice cold packs to the neck. The patient should be seated upright. For severe bleeding, call 911 and get to the nearest emergency room.

Dehydration: If there have been little or no liquids taken for 24 hours, notify the office. Signs of dehydration include lethargy, reduced or very concentrated urine output, and lack of tears.

High Fever: Temperatures greater than 101.5 degrees, or when accompanied by cough or difficulty breathing, should be reported.

IMPORTANT THINGS TO NOTE:

- Do not make any important decisions or sign any legal documents for at least 24 hours after your procedure or until completely off of all narcotic pain medications for at least 24 hours.
- An ice pack should be used around the neck to help with discomfort and swelling.
- The uvula (the tissue that hangs down near the back of the throat) may also be swollen.
- Missing a week of school or work is not unusual. Two weeks are necessary before resuming normal levels of activity.
- After the procedure, ear pain may be experienced as part of the healing process and is not a concern unless reduced hearing is also noted.

FOLLOW UP:

We request a follow up visit approximately 3 weeks after the surgery.
Your post-operative appointment is scheduled for:

Date: _____

Time: _____