

POST OPERATIVE INSTRUCTIONS FOR TONSILLECTOMY AND ADENOIDECTOMY

After Surgery it is normal to have:

- Moderate to Severe throat pain
- Moderate to severe ear pain. This pain is referred from the throat, and is not a sign that an ear infection has developed. Ear pain usually develops as the throat pain is starting to subside, approximately 5-10 days post-op.
- Foul breath and white exudate (crusts) in the back of the throat. The white appearance is not an indication you have developed thrush.
- Temperature that can run as high as 101. After general anesthetic, patients often have shallow breathing which leads to decreased lung volume called atelectasis. Atelectasis often causes a low grade fever. Deep breathing and trying to maintain light activity can lessen the atelectasis and temperature.

(PLEASE CALL FOR HIGH FEVER ABOVE 101.5)

- Runny nose and dry cough
- Temporary voice changes with high pitched, whiney, nasal quality.
- Tongue numbness, minor swelling, altered taste. The tongue is held out of the way during the surgery resulting in these temporary symptoms.
- Minor Bleeding on and off from the back of the throat and nose resulting in blood tinged sputum. Gargling with ice cold water may help with small amounts of bleeding from the throat.
- Any significant bleeding should be reported to Dr. Hoffman. Significant bleeding, while unusual (approximately 2 %), occurs approximately 5-7 days after surgery.

Things to do at home:

- Manage the pain by taking the prescribed pain medication as needed. During the first 2-3 days, take the pain medication on a regular schedule, every 4-6 hours. Taking the medication before bedtime is important in order to prevent significant pain upon awakening. Running a cool mist humidifier in the bedroom can help prevent dryness which can contribute to the pain level.
- Take your antibiotics and steroids as prescribed. Steroids should be taken with food.
- **Drink plenty of Fluids !!** Water is the best bet, drink several glasses per day. Mild and Mild products may cause an increase in the phlegm in the back of the throat. Carbonated drinks may cause discomfort. Avoid acidic fluids such as orange juice which can burn.
- Eat Soft foods, advance to a normal diet after approximately 2-3 weeks. Examples- ice cream, pudding, soups, Ensure, Milkshakes, protein shakes, eggs, noodles, macaroni and cheese, mashed potatoes, etc.
 - Avoid crunchy, spicy, salty or sour foods.
 - May eat chewy candies, chewing gum, ice chips.
 - Elevate your head with 3-4 pillows to help with swelling.
 - Please use a cool mist humidifier.
 - Brush your teeth and tongue daily.
 - Make sure you take enough fluids. Check the amount of fluid you drink and how often you got to the bathroom . As long as you urinate 2 times a day or your child has 2-3 wet diapers per day, you are getting enough fluids.

Recovery

- Adults are typically out of work for one week
- Young children- 3-5 days of recovery
- Older Children- 5-7 days of recovery.
- Gauge child's readiness to return to normal activities by one great day with no fever, no need for pain medications, eating and drinking without much difficulty and sleeping well.

Things not to do:

- No strenuous activity, heavy lifting, stringing for 3 weeks.
- Avoid irritants, do not blow the nose.
- Avoid sharp foods like crackers, chips or pretzels.
- NO aspirin, Aleve, Ibuprofen (Motrin), or any medication that thins the blood for 3 weeks after surgery. As pain lessens, you may switch your pain medication to plain Tylenol. Tylenol does not thin the blood.