



Comprehensive E.N.T Care for the Entire Family

A Division of Select Physicians Alliance

TONSILLECTOMY & ADENOIDECTOMY INSTRUCTIONS

You are scheduled to have a tonsillectomy and possibly an adenoidectomy as well. Tonsils are 2 masses of tissue in the back of the throat. Adenoids are a single mass of tissue above the tonsils and behind the nasal opening. Tonsils and adenoids are removed under general anesthesia. They are removed by the surgeon through the mouth. Tonsil and adenoid removal does not require the placement of stitches. There is no evidence of surgery on the outside of the nose, face or mouth.

BEFORE SURGERY: Do not have any food or drink after midnight the night before surgery. **Never** use Aspirin containing medicines 10 days prior to surgery.

AFTER SURGERY:

PAIN: Severe sore throat pain is common and expected after tonsil surgery. Adenoid removal also causes some pain but it is much less severe. You will have sore throat pain for several days after the operation. It usually improves with time, but sometime changes in quality on the 3rd - 5th day after surgery. At this time you might experience worsening pain that is localized behind the ears. This is normal; it does not usually represent an ear infection and it improves with time.

DIET: It is very important to encourage the intake of fluids. Drinking plenty of fluids will prevent dehydration. By keeping the throat moist, liquids will decrease the discomfort after the surgery. The best choice of liquids is water or Gatorade. Milk or dairy products are okay but may increase the thickness of the saliva. The day of surgery, you should be on a soft diet. This includes foods such as Jell-O, soft eggs, mashed potatoes, pudding and soft cereals such as oatmeal and grits. Please avoid dry, hard or scratchy foods that are extremely hot in temperature. **Remember, the more liquids the better.**

ACTIVITY: Please refrain from any strenuous or vigorous physical activity for a full fourteen days after surgery. This includes swimming, running, climbing, lifting heavy weights, playing musical instruments and bicycle riding. When they return to the office, we will clear them to return to normal physical activity.

MEDICATIONS: For children, use Tylenol and/or Ibuprofen as needed for pain. A prescription for narcotic pain medication may also be provided. For adults, a narcotic pain medication is typically provided. Regular Tylenol (acetaminophen) can also be used for pain. Your doctor may also allow you to Ibuprofen. Again, **NEVER** give aspirin for a full two weeks after surgery. If you need to refill the pain medication, please call the office during business hours.

FEVER: It is very common to have a low-grade (less than 101° F) for several days after surgery. You should take or give Tylenol for the fever. If a high fever occurs, or if fever persists beyond this point period please call the office.

BLEEDING: If there is any bright red bleeding from the nose or mouth, gargle with ice water immediately and then call the office. Do not leave a message; ask to speak with the medical assistant.

HEALING: The spaces from where the tonsils were removed heal in a predictable way. Several days after surgery, a membrane forms there. It looks like a moist scab that is white, gray or yellow in color. It may be associated with a bad odor from the nose or mouth. As the area continues to heal, the body reabsorbs this membrane. It does not represent an infection of this area.

INABILITY TO DRINK: If you are unable to take liquids by mouth please call the office.

CONSTIPATION: General anesthesia and pain medication may have a constipating effect. It is not uncommon for the bowels to be a little irregular after surgery. Gentle laxatives such as milk of magnesia can be given to soften the stool.

FOLLOW UP: We request a follow-up visit to the office about 21 days after the surgery.