



## Tonsillectomy and Adenoidectomy

### Post-Operative Instructions

1. **Diet:** You will be on a liquid diet at first and can graduate to soft foods for one week and then a normal diet as you can tolerate it. It is recommended that you avoid spicy foods or acidic foods like orange juice and lemonade because they will cause discomfort. We encourage popsicles or frozen ice pops to help soothe the throat. Remember that the throat will feel better if it stays moist.
2. **Restricted Activities:** You will need to refrain from strenuous activity for 2 weeks after surgery.
3. **Exercise for the Throat:** Talking, eating, drinking and chewing all exercise the muscles in the throat and help it heal faster. Even though the throat will be sore and swallowing will be uncomfortable, it is important that the patient drink lots of bland fluids like water, apple juice, Kool-Aid, etc. The fluids will soothe the throat and help the healing process.
4. **Pain Medications:** You will have a moderate to severe sore throat for 5 to 7 days. The surgeon will prescribe a liquid pain medication that will help to take the edge off the pain. The third day after the surgery, you can use throat lozenges or sprays to help numb the throat and make eating more comfortable. A prescription for anesthetic suckers can be given to you by your physician if needed.
5. **Ear Pain:** Because of the connection between the ears and the throat, it is normal to experience ear pain for a number of days after your surgery.
6. **Time off Work/School:** Because of the sore throat and the stress of surgery, you will need to take time off from school and/or work. The older the patient, the longer the recovery time. Young children can return to school 5 days after the surgery. Older teenagers and adults will be able to return to school or work 7 days after their surgery.

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7. **Bleeding:** In the first couple of days following the surgery, it is not unusual for you to cough up some dark blood or blood clots. You may also blow your nose and find dark blood or small clots. This dark blood is old blood from the surgery and is no cause for concern. If you should experience excessive bright red blood, our office should be notified at **459-8824**.
8. **Fever:** It is common for a patient to run a fever as high as 101 degrees for a number of days. If you experience a fever above 101 degrees, please call our office at **459-8824**.
9. **Day 7:** Around day 7 some patients may experience some additional discomfort due to the healing process. This is normal.
10. **Sleeping:** You should sleep in whatever position is most comfortable and it is highly recommended that a humidifier be used to keep the throat moist.
11. **Post-Operative Recheck:** We will need to see the patient in our office approximately one to two weeks after the surgery to make sure that everything is healing properly.

**If you have any questions, please call our office at 459-8824**



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