
POST OPERATIVE INSTRUCTIONS TONSILLECTOMY & ADENOIDECTOMY

Before Surgery:

- Do not eat or drink anything after midnight the evening before your surgery except medication prescribed by the anesthesiologist at your preoperative evaluation.
- Notify your doctor if you develop cough, fever (over 101.5°F), or other cold or virus symptoms before surgery.
- Do not take aspirin, aspirin products (Excedrin, etc.), ibuprofen or other anti-inflammatory medications (Advil, etc.) two weeks before surgery. Tylenol is permitted.
- Plan to remain in town for two weeks after surgery.

After Surgery:

- Liquids immediately after surgery. Recommend initially: weak tea, Gatorade, apple juice, jello, etc. Room temperature is best. Drink a lot of fluids. Liquids are very important because they prevent dehydration, fever, and bleeding. Eat a soft diet for 10 to 14 days. Although most soft foods can be tolerated after surgery, the primary goal is adequate liquid intake.
- Limit physical activity for 1 week. May increase second week, but may not participate in physical education, school activities, or recess until after your two-week post-op appointment.
- Take all antibiotics if prescribed. It is important that you complete the full course.
- Take liquid Tylenol or other prescribed medication for pain every 4 to 6 hours as needed. Sometimes it helps to take pain medications every four hours around the clock for the first 48 hours after surgery, especially for children. Children can be given Tylenol suppositories.
- Throat and ear discomfort are normal. They can be severe and can last as long as 2 weeks. Pain in the back of the head and neck may occur.
- Bad breath, nasal congestion, nasal sounding voice, and a whitish-gray coating in the throat are normal after a tonsillectomy. When the patient is fully healed, this will clear.
- A temperature of 101°-102° degrees is common after a tonsillectomy and should be treated with Tylenol.
- Return for a follow-up office visit 2 to 3 weeks after surgery.
- Patient may bathe as usual and brush teeth. Avoid gargling. There is no need to look at patient's throat; it will look terrible until healed.

What to call the doctor for:

- Call the doctor if the patient is not getting adequate liquid intake.
- Call the doctor immediately for any bleeding.
- Call the doctor immediately for any difficulty breathing (except for nasal congestion).
- Call the doctor for fever over 102°F if the fever does not respond to Tylenol.

After Hours Number – 1-800-925-1318