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POST-OPERATIVE INSTRUCTIONS for TONSILLECTOMY and ADENOIDECTOMY

1. A TONSILLECTOMY and ADENOIDECTOMY can be very painful procedures. **Expect to have a sore throat** for at least two (2) weeks after the surgery. The first week will be the worst, and then the pain gradually becomes less and eventually goes away.
2. **Sometimes PAIN CAN BE FELT IN THE EARS.** This is called **referred pain** and is due to inflammation or soreness in the throat or nasopharynx (or the back of the nose). It is also common to experience neck pain or stiffness. This usually occurs about 3 days after surgery and can last for several days.
3. It is recommended that a **SOFT DIET** be maintained for two weeks: ice cream, yogurt, Jell-O, soups, mashed potatoes, Popsicles, noodles, or other soft foods, etc. **AVOID hard and crunchy foods.**
4. **THINGS TO DRINK:** Drink at least 1-2 liters per day to avoid dehydration: iced tea, Gatorade, diluted apple juice, Kool-aid, and water. **AVOID THESE BEVERAGES** because they cause burning: carbonated drinks, citrus juices, and alcoholic beverages.
5. **BLEEDING** is the greatest risk of this procedure. However, bleeding is very rare; when it does occur; it usually **happens about 7-10 days after surgery as the scabs begin to fall off.** Risk percentage of bleeding is 1-2%. If you **NOTICE ANY BLEEDING**, start **ICE COLD WATER GARGLES EVERY 5-10 MINUTES FOR 30 mins.** If bleeding persists for more than 30 minutes or recurs, go to the emergency department and contact our office at **904-880-0911.**
6. **AVOID** aspirin products, such as Motrin/ibuprofen for the first 24 hours after surgery, as these may increase the risk of bleeding.
7. **NO STRENUOUS EXERCISE** or activities are allowed for a two-week period. We recommend no heavy lifting (over 10 lbs.).
8. **ESCHAR TISSUE:** this appears as the grayish-white areas in the back of the throat where the tonsils were. It may also contribute to a foul odor from the mouth. This is part of the normal healing process. **This is not pus or a sign of infection.**
9. **PAIN CONTROL** is an important part of the management after undergoing a tonsillectomy. Pain medications should be taken **around the clock for the first 3-4 days**, and then **as needed** after that. Motrin may be added into pain medication regimen 24 hours after the procedure, at which point you will alternate the prescription pain medication (Hycet) and Motrin. **Take the pain medications about 30 minutes before eating** to help make eating less painful.
10. **CONSTIPATION** is a common side effect of the prescribed post-operative pain/nausea medications.

11. **After the procedure, FEVERS are to be expected within 3-4 days, however if the fever reaches 102.5 after Tylenol/Motrin, please contact our office.** If the fever persists beyond 4-5 days, please contact your primary care doctor/pediatrician as this could be a viral infection. Fevers can be reduced by alternating Tylenol/Motrin and maintaining fluid intake (i.e., Water, Gatorade, Pedialyte, Popsicles, etc.). If you have to take your child to the ER, we recommend Wolfson Children's Hospital.

PLEASE FILL PRESCRIPTION FOR PAIN MEDICATION PRIOR TO SURGERY.

PLEASE CALL FRIDAY MORNING FOR PAIN MED REFILLS.

Should you have any additional questions, call us at 904-880-0911