



TONSILLECTOMY/ ADENOIDECTOMY SURGERY

POST OPERATIVE INSTRUCTIONS

8400.

WHAT TO EXPECT

- Pain after tonsillectomy is common (less if adenoidectomy alone) and may last up to 10 days after surgery.
- Low grade fever is common.
- Bad breath
- Ear pain – this is not a sign of an ear infection.
- Discolored patches in the throat

BLEEDING

- Bleeding may occur at any time after surgery. This is a sign of a scab or eschar separating from the healing area in the throat. This usually is a small amount and stops in a few minutes. Rinse continuously with ice water for 10-15 minutes. If bleeding is not controlled or is a large amount, call and/or go immediately to the hospital emergency room. Blood in the stomach may cause vomiting.

MEDICATION

- Use prescribed pain medication as needed. Do not use Acetaminophen at the same time – the prescription pain medication contains Acetaminophen.
- **It is safest to only use Acetaminophen, but you can ask your doctor about their preference regarding use of Ibuprofen.**
- Antibiotics are not usually prescribed due to side effects.

ACTIVITY

- Activity should be greatly reduced.
- Gradually increase activity as tolerated but avoid strenuous exercise and traveling for 2 weeks.

DIET

- Start with clear liquids, advancing as tolerated to a soft diet. Maintaining fluid intake is important in the recovery period.

POST OP APPOINTMENT

- Usually 2 weeks after surgery.

WHEN TO CALL

- Call the office during routine hours for questions, concerns, changes, or refills of any medication. Make sure there is enough pain medication to avoid after-hour calls.
- After-hour calls should be limited to urgent problems such as excessive bleeding, allergic reactions, or fever over 102 that does not respond to fluids and Acetaminophen.