



POSTOPERATIVE CARE OF THE TONSILLECTOMY/ADENOIDECTOMY PATIENT

Diet

It is extremely important that the patient drink large amounts of fluids daily for two weeks. Any fluid or semi-solid foods (ice cream, pudding, popsicle, etc.) are acceptable. Failure to drink increases the risk of bleeding and increases the pain felt in the throat.

Tonsillectomy patients may start soft foods when they feel able and progress to a regular diet as throat pain allows.

Adenoidectomy patients may eat their regular diet—no restrictions are necessary.

Pain

With tonsillectomy, you can expect throat and ear pain, possibly up to two weeks after surgery. Take prescribed medication on a regular schedule. You may substitute Tylenol when pain is no longer severe. It is helpful to take medication with a little food to help with nausea. Again, drinking large amounts of fluids reduces pain most effectively. Tetracaine lollipops are also helpful.

Adenoidectomy patients often feel head and neck pain for up to four days after surgery. Tylenol is usually sufficient, although you may need to take the prescription pain medication.

Activity

We recommend that you avoid strenuous activity that may raise the blood pressure for two weeks after surgery. This includes sports activities, bicycling, swimming, weight lifting, exercise, PE or recess, dance, gymnastics, etc. Patients may return to work/school as they feel able (usually one week for children, two weeks for adults). We will provide notes for school or work if necessary.

Bathing

The patient may take only warm showers or baths for two weeks after surgery.

Fever

A low-grade temperature (99–100 degrees) is common during the first two to three days after surgery. Fever over 100 degrees is indicative that the patient is not drinking enough, and they need to increase their fluid intake. If fever exceeds 101 degrees, please notify the physician.

Bleeding

Small amounts of blood-tinged mucous from the mouth or nose are not uncommon. You should report bright red blood immediately and instill Afrin spray or drops in the nose. Patient may also hold extremely cold liquid in the mouth to help slow the bleeding.

Please contact our office at 478-743-8953 if you have any questions or concerns.

PLEASE ATTEMPT TO CONTACT OUR OFFICE FIRST SO THAT WE MAY ADVISE YOU APPROPRIATELY.

**IF, FOR ANY REASON, YOU ARE UNABLE TO REACH OUR OFFICE OR YOUR SURGEON IN AN EMERGENCY,
PLEASE GO TO THE NEAREST EMERGENCY ROOM.**