



## 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, throat and ear pain are to be expected, possibly up to two weeks after surgery. Take prescribed pain medication on a regular schedule. Motrin/Ibuprofen may be taken between doses of prescribed pain medication for breakthrough pain. It is helpful to take medication with a little food to help with nausea. Again, drinking large amounts of fluids reduces pain most effectively. Viscous Lidocaine is also helpful.

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

### **Activity**

It is recommended that strenuous activity that may raise the blood pressure be avoided for two weeks after surgery. This includes sports activities, bicycling, swimming, weight lifting, exercise, P.E. or recess, dance, gymnastics, etc. Patients may return to work/school as they feel able (usually one week for children, two weeks for adults). Notes will be provided 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) is common during the first 2-3 days after surgery. Fever over 100 is indicative that the patient is not drinking enough and fluids need to be increased. If fever exceeds 101, please notify the physician.

### **Bleeding**

Small amounts of blood-tinged mucous from the mouth or nose are not uncommon. Bright red blood should be reported immediately and Afrin® spray or drops should be instilled 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.**