

POST-OP INSTRUCTIONS

***Adult* TONSILLECTOMY & ADENOIDECTOMY**

BLEEDING: A slight amount of bleeding can occur—this is usually not serious. The most common times for bleeding to occur are within the first few hours after surgery and at 7-10 days after surgery when the scabs dissolve away from the healing wounds. A small amount of blood streaked in saliva is not cause for alarm. Gargling with ice cold water may help. If the bleeding persists, or if you are coughing or vomiting up blood, call us immediately or go directly to the nearest emergency room. Usually the bleeding is minor and can be handled in the office or the emergency room. Occasionally we have to return to the operating room to control the bleeding and/or keep you overnight in the hospital.

PAIN: Your sore throat can often last for two weeks. You may also have ear, neck, or jaw pain, especially 3-5 days after surgery. This pain is due to an irritation of the nerves that pass behind the tonsils. I suggest giving the prescription pain medicine every four hours for the first 24 hours after surgery, then as needed thereafter. However, the pain medicine can cause nausea, vomiting, or constipation, so it should be used only if the pain is significant. Using plain acetaminophen (Tylenol) may be helpful after the initial 24 hours. Avoid using aspirin or ibuprofen, including Advil, Aleve, Motrin, etc for approximately 5 days after surgery.

FEVER: Fevers after surgery are not unusual. Call us if it is 102°F or higher, or if it doesn't respond to Tylenol. An antibiotic is prescribed to assist in healing.

DIET: The single most important aspect of your diet is adequate fluid intake. It is essential that you drink plenty of fluids to reduce pain, fever, risk of bleeding, and to promote healing. Diet should consist of soft foods for the first week. Avoid “sharp” foods like crackers, chips, pretzels.

BAD BREATH: Very bad breath is to be expected for the first 7-10 days after surgery. Increased drinking may improve bad breath. As the white, filmy scabs in the throat go away, the breath will improve.

VOMITING: Vomiting once or twice after surgery is not unusual and is usually related to the anesthesia or to taking codeine. If repeated vomiting occurs, call the office.

ACTIVITY: Avoid strenuous activity, heavy lifting, and exercise for at least 1 week. This type of activity may increase the chance of bleeding.

Our office personnel and your doctor are eager to support you through this process. Please do not hesitate to call if you have questions or problems, and remember, be sure to call us in any of the following circumstances:

- Bleeding (as noted above)
- Fever 102° F or higher, or fever that does not respond to Tylenol or ibuprofen
- Repeated vomiting

You will need a follow-up appointment in the clinic 2-3 weeks after surgery.

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