

## TONSILLECTOMY/ADENOIDECTOMY POSTOPERATIVE INSTRUCTIONS

### 1. **ACTIVITY and DIET:**

- You or your child should rest quietly in bed for the first three (3) days following the surgery and remain inactive for approximately one (1) week. You can then begin to resume normal activity, though you should avoid exertion. There should be no bending, lifting, prolonged standing, or active play for two (2) weeks following surgery.
- We recommend that you drink cool water or suck on ice chips as much possible. You should drink as soon as possible after the surgery to help decrease muscle spasm. Generally, a well-balanced diet which is cool, soft and not too difficult to chew is best during the first week. Avoid citrus fruits and spicy, hot or crunchy foods which will irritate your throat. Chewing gum can decrease muscle spasm from the surgery.

### 2. **SURGICAL SITE CARE:**

- Apply an ice collar to your neck as needed for comfort. This, along with sleeping while propped up as in a recliner, will reduce neck swelling and therefore help pain control.
- It is normal to run a temperature up to 101.5 degrees for 48 – 72 hours.
- It is very common to have ear aches after a tonsillectomy due to referred pain from the sore throat. This is rarely due to an associated ear infection.
- It is common to have an increase in throat soreness between the 5<sup>th</sup> and 10<sup>th</sup> days after surgery. This is due to the natural process of healing.

### 3. **MEDICATIONS:**

- Please take the medication prescribed (usually hydrocodone/acetaminophen liquid) for control of pain. We advise using the medication on a schedule of every 4-6 hours the first 3 days after surgery, then on an as-needed bases thereafter. Young children may only need Tylenol Elixir. Do not drive while taking pain medications that contain a narcotic.
- **Do not take Aspirin or Ibuprofen (Motrin, Advil, Aleve, etc).** These can cause breakdown of the clot area of the tonsillectomy and result in bleeding.

### 4. **PRECAUTIONS:**

- A white, yellow or gray membrane may form where the tonsils were removed. This is normal healing and is not due to an infection.
- It will take approximately 2 to 3 weeks to make a full recovery. If bleeding does occur, apply an ice collar to your neck, suck on ice chips, and call our office for further advice.

**Please call our office with any additional questions or concerns.**