

Welcome
to
Lakeside ENT & Allergy

*Thank you for choosing
Lakeside ENT & Allergy for all
of your ENT needs!*

*The following pamphlet con-
tains your post-operative in-
structions to minimize compli-
cations and insure a fast re-
covery after surgery.*

*Please do not hesitate to call
our office with any questions
before or after surgery.*

585-394-8800



Visit Any of Our 3 Locations

229 Parrish Street Ste. 250
Canandaigua, NY 14424
(585)394-8800
(585)394-5942 Fax

4 Coulter Road
Clifton Springs, NY 14432
(315)462-9491
(585)394-5942 Fax

215 Summit Street
Batavia, NY 14020
(585)409-2002
(585)394-5942 Fax



**Tonsillectomy
With or Without
Adenoidectomy
Post-Operative
Care**

**Eric A. Birken, MD, FACS, FAAOA
Jay A. Yates, MD, FAAOA
Srinivas R. Kaza, MD
Roger D. Sequeira, MD
Susan L. Fulmer, MD
Amy M. Saleh, MD
Karen F. Cunningham, RNP**



Post-Operative Care Instructions:

Expectations

- Most patients have mild to severe throat pain for 1-2 weeks.
- Pain can get worse at days 3-5 after surgery.
- A fever of $<101.5^{\circ}\text{F}$ is not uncommon during the first few days after surgery. The fever should respond to acetaminophen.
- Snoring may get worse for a few weeks because of the swelling from the surgery.
- Bad breath is common for up to two weeks after surgery.
- Ear pain is common after this surgery as the throat and ear have a common sensory nerve.

Activity

- Most patients can return to work 1-2 weeks after surgery; this depends on the nature of your work. It may take longer to return to more physically demanding work and less time if you do more sedentary work.
- Children may return to school one week after surgery. Some children may need to stay home longer depending on their symptoms.
- No physical education or athletic activities for two weeks post-operatively.
- You may begin driving when you can comfortably turn your neck from side to side and you are no longer taking narcotic pain medications (hydrocodone or oxycodone).
- Avoid heavy lifting ($>10\text{lbs}$).
- Bedrest is not necessary after surgery. Remaining active and mobile will help to expedite your recovery.
- Sleep with your head elevated for the first few days after surgery.

Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.
- It is important to give pain medication as prescribed (every 4 to 6 hours) for the first few days after surgery.

Pain Control

Hydrocodone/Acetaminophen—

Take _____

Oxycodone/Acetaminophin —

Take _____

***These medications can cause constipation, so start a stool softener (Miralax, Colace, or Senokot) while taking this medication.**

Ibuprofen

Take _____

Acetaminophen

Take _____

***Do NOT take this if you are taking Hydrocodone/Acetaminophin or Oxycodone/Acetaminophin**



Diet

- Immediately after surgery, you will be started on clear liquids.
- The first few days you may only be able to tolerate liquids. It is very important to keep hydrated as this helps control your pain. Call your doctor if you suspect dehydration (urinating less than 2 times daily). Good options include apple juice, Gatorade, Pedialyte, Popsicles, etc.
- Follow a soft diet for two weeks. Good options for food include applesauce, thin oatmeal, milkshakes, mashed potatoes, pudding, very soft noodles with butter, etc.
- Avoid spicy foods, tomato based foods, and citrus for 2 weeks.
- Avoid sharp edged foods for 2 weeks—taco shells, pizza crust, potato chips etc.
- Milk products may cause your secretions to thicken. Use as tolerated.
- Do not use a straw for 2 weeks.

Wound Care

- Avoid coughing and throat clearing.
- An ice pack to your neck may be soothing.
- Using OTC Chloroseptic throat spray may diminish pain.
- A cool mist humidifier may be helpful to have in your bedroom.

Follow-Up

- You will be scheduled for a follow-up 7-10 days after surgery
- Call Lakeside ENT at 585-394-8800 if you develop any of the following symptoms:
 - Any bleeding from the mouth or nose that does not stop with rest or ice water.
 - Difficulty breathing
 - Vomiting bright red blood
 - Fever >101.5
 - Poorly controlled pain
 - Concern for dehydration (urinating <2 times per day, sunken eyes, no tears when crying)