



Tonsillectomy with or without Adenoidectomy Post-Operative Care

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.

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 oat-meal, 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.

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
 - o Hydrocodone/Acetaminophen - Take _____
 - o Oxycodone/Acetaminophen - Take _____
- *These medications can cause constipation, so start a stool softener (Miralax, Colace, or Senokot) while taking this medication.
- o Ibuprofen - Take _____
 - o Acetaminophen - Take _____

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

You can also use Tylenol or acetaminophen but do not take this if you are taking hydrocodone/ acetaminophen or oxycodone/ acetaminophen. The maximum daily dose of Tylenol (acetaminophen) is 3000mg from all sources.

Follow-up

You will be scheduled for a follow-up 7-10 days after surgery.

*Call Lakeside ENT & Allergy 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)