

Post-Operative Instructions for Tonsils and Adenoids

1. The patient can be up and moving around the day after surgery. By days three and four, the patients may go outside but should refrain from exerting themselves.
2. Depending on how they feel, the patient may return to work or school by the fifth day. This will vary individually. However, the patient may not take recess or gym until released by the doctor at their post-op appointment.
3. It is important to begin taking fluids as soon as possible. The sooner you are able to take fluids, the sooner the throat soreness will go away. Avoid drinking acidic beverages, as these will irritate your throat. Do not drink hot liquids or hot food. All food and drinks should be lukewarm or cold. Frequent small meals are preferable to a few large ones.
4. Chewing is very important for a speedy recovery. You may use any type of gum except aspirin gum.
5. Adults may gargle with a salt-water solution of ¼-teaspoon salt to eight ounces of lukewarm water. Small children should NOT gargle.
6. Moderate ear pain, bad breath and a fever of up to 102 degrees are to be expected. If the fever goes above 102 degrees, please notify the doctor immediately.
7. Tingling or numbness of the tongue may occur. This is a normal sensation and may occur for two to seven days post-op.
8. Two white or tan patches will form where the tonsils were removed; do not be alarmed if you see them in the mirror. This is normal and is similar to the scabs on the outside of the body. These scabs will begin to dissolve sometime between day five and seven. This process will continue for seven to ten days. You may see some blood in your mucus/saliva at that time. If the bleeding does not stop or increases, notify your doctor immediately. You may also experience ear pain at this time. This does not mean there is an ear infection.

Post-Operative Instructions for Tonsils and Adenoids (Continued)

1. Do not make harsh attempts to clear your throat or cough.
2. You may apply an ice pack to the neck for 30 minutes on and 30 minutes off every hour for comfort.
3. Elevate your head on two pillows.
4. You may apply Vaseline® to the lips and use a cool-mist vaporizer to keep the throat moist.
- 5. USE ONLY THE PAIN MEDICATION THE DOCTOR HAS PRESCRIBED OR TYLENOL®. DO NOT USE ADVIL OR MOTRIN®. If you have questions or concerns regarding pain control, please call the office.**

Diet

- 1. Day One**—Consume an abundant amount of water, popsicles, ice, ginger ale, colas and warm or cold broths.
- 2. Day Two**—Add custards, mashed potatoes, eggs, ice cream and puddings.
- 3. Day Three**—Return to a normal diet if possible. Some patients may be unable to return to a normal diet at this stage. Continue with the foods from days one and two.
4. Avoid eating potato chips, pretzels, crackers, highly seasoned foods, very hot drinks and alcoholic beverages.

Return to the office as scheduled for a follow-up appointment. If you have any questions or problems of a routine nature, please feel free to discuss them with the doctor's staff during office hours. If there is an emergency, please notify us immediately by calling the office at (410) 742-1567.