

# POST-OP INSTRUCTIONS

## TONSILLECTOMY (with or without adenoidectomy)

### DIET

- Soft diet for 2 weeks. Avoid foods with sharp edges such as chips. Citrus fruit juices and spicy foods may aggravate throat pain. **It is very important to stay hydrated.** Drink fluids until your urine is light yellow. This will help with pain and decrease risk of bleeding. Suggestions: Ice chips, popsicles, water, and smoothies.
- If nausea or vomiting occurs, withhold food and liquids for 1 hour, then start again with clear liquids. Progress diet as tolerated. Avoid spicy or greasy foods for at least the first 24 hours.

### GENERAL INSTRUCTIONS

- No rough play, PE, strenuous exercise, or lifting over 10 lbs for 2 weeks.
- There may be some ear pain after the procedure. This is normal and may last for several days. Ear pain does not indicate an ear infection and will resolve as the throat heals. To help relieve pain, you can try warm compresses.
- A white/yellow membrane or scab forms over the tonsillar area. This is normal and does not indicate an infection. As the membrane sloughs off, there is usually an increase in throat pain or burning sensation.
- Foul breath is commonly observed for several days and is helped by drinking an adequate amount of fluids. The odor does not indicate infection.
- A fever within 24-48 hours of surgery is normal, even 101° or 102°. Please call the office if it persists longer.
- Mucus or increase in secretions may occur and last several days after surgery. Coughing, hacking, and clearing of the throat should be avoided.
- Mild bleeding is not unusual and usually stops with gargling ice-cold water for 1 – 2 minutes. This is most likely to occur between 5 – 10 days after surgery. If bleeding continues or clots are seen in the throat, call the office.

### MEDICATIONS

- For pain alternate narcotic prescription pain medication or Tylenol (acetaminophen) with Ibuprofen every 2-3 hours, and even once or twice at night. Give regularly for 3 - 5 days after surgery. Wean off as tolerated. Hycet and Norco contain Tylenol (acetaminophen), so do not give additional acetaminophen while taking those medications. **DO NOT USE ASPIRIN**
- Zofran is for nausea/vomiting and works best when taken 30 minutes prior to prescription pain medication.
- Pain medication may cause constipation. If this occurs, take an over-the-counter stool softener or laxative as directed. Do not strain during bowel movements.

### CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR

- Severe pain not relieved by alternating pain medication.
- High fever that lasts longer than 2 days or is associated with stiff neck or persistent cough.
- Persistent vomiting that lasts longer than 24 hours.
- Vomiting blood or red bleeding that doesn't stop with gargling ice water.
- Unable to urinate for more than 6 hours.

**Please contact our office with any additional questions.**

Mid-Kansas Ear, Nose, & Throat Associates

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