

# Pre and Post Operative Instructions for Tonsillectomy and Adenoidectomy

- NO ASPIRIN OR ASPIRIN PRODUCTS TWO WEEKS BEFORE OR AFTER SURGERY
- ADMIT  
Patients are to check in at the admitting desk one hour prior to surgery
- DISCHARGE  
Tonsillectomy and Adenoidectomy are often considered to be out patient surgeries.
- ACTIVITIES  
First week (5-7 Days):  
No Smoking, No Lifting or bending. Avoid strenuous activities. You are to rest at home  
Second week:  
The patient is still recuperating and requires special attention. You may feel better but you are still at risk for bleeding.
- DIET  
For the first several days, soft foods are suggested but almost any food is satisfactory. Juices, tea (warm, not hot), flat soda, broth, Jello, popsicles, sherbet are suggested. NO RED JELLO, POPSICLES OR JUICE. Dairy products must be non-fat to avoid bad breath. Carnation Instant Breakfast made with non-fat milk is recommended. Non-fat frozen yogurt is a good substitute for ice cream. Spicy foods or citrus juices such as orange juice may be irritating.  
  
Soft foods such as eggs, mashed potatoes, soft fruits (bananas, apple sauce) and vegetables may be introduced. Baby foods are nutritionally sound and are easily swallowed. Noodles and soups are also options. Avoid any food with sharp or ragged edges (cornflakes, taco chips, etc.) or foods that are too warm.  
  
Days 4-5: The patient may add more solid foods such as soft chicken, chopped hamburger and boiled hot dogs to their diet. The patient may gradually work toward normal diet.



- **COMMON SIDE EFFECTS**

The ears will probably hurt. This is normal and does not indicate an ear infection or problems with the ear. The throat will feel raw and sore for several days (sometimes weeks) following surgery. You may have a slight temperature for the first few days after surgery, and this may be due to dehydration. Drink more fluids (children less than 50 lbs., 1 quart/day. Children 50-100 lbs, 1.5 quarts/day. Adults need to drink 2 quarts a day). If the temperature persists or the temperature is more than 101.5 degrees Fahrenheit, call the office. Slight bleeding is not uncommon for the first few days after surgery. Suck on ice chips for 5-10 minutes. If the bleeding persists, call the office. In the event that you should experience active and persistent bleeding, go to the Good Samaritan Hospital Emergency Room. Bad breath is usually present during the healing process and should resolve itself within 8-10 days following surgery. Generalized aches and pains may be due to the residual effects of the anesthesia and will subside. A white film develops over the surgical site, and this is normal.

- **SPECIAL NOTE TO TEENAGERS AND ADULTS**

A tonsillectomy is a particularly painful operation for teenagers over the age of 16 or 17, and for adults. Expect the pain to last for approximately ten days. There may be very little improvement in the degree of pain during this time. Once the pain does begin to subside, it usually disappears rapidly. The pain may become very tiresome, but don't panic or feel like something is wrong. This is common and to be expected during the recovery. You must **FORCE** yourself to maintain a good fluid intake. The pain medication will relieve some pain but it is impossible to give it in quantities great enough to completely relieve all of the pain and discomfort. The dose you are given is safe and will help, but it cannot be expected to completely eliminate all pain and discomfort.

If you experience bleeding which is not controlled by using ice chips, or you think there is an unusual amount of bleeding, go the Good Samaritan Hospital Emergency Room.

