



## Post Operative Instructions for Adenotonsillectomy

**Fluids:** Intake of fluids is very important in recovering from this type of surgery. Any liquid may be taken. Cold liquids are usually better tolerated than hot liquids. Ice cream, popsicles, chipped ice, Gatorade, kool-aid, tea, soda pop, and water are certainly very acceptable liquids. It is very important for the patient to drink adequately to help the throat heal, and most important to prevent dehydration.

**Diet:** Many patients do not feel like eating after having their tonsils and/or adenoids removed. It is not important to eat in order to do well after this operation. If the patient feels like eating, it is permissible to eat any food desired, except popcorn. Certainly some foods will go down a little easier than others. Scratchy foods will be tolerated if they are chewed well before being swallowed.

**Pain:** Pain is very common after having the tonsils and/or adenoids removed. It may occur in the throat or in the ears. The ear pain is usually pain that radiates from the throat to the ear. Ear pain and throat pain are most common at night and especially common when the mouth dries out. This may be treated by taking a drink of water and pain medicine. Patients who use the prescribed pain medication and ibuprofen (Motrin or Advil) seem to experience less pain than those who use the prescribed pain medication alone.

**Fever:** Fever is common after this type of surgery and it may approach 100°F. Fever higher than this usually means the patient has not been drinking adequately. The fever may be treated with oral fluids and Ibuprofen.

**Bleeding:** Bleeding is not uncommon following adenotonsillectomy. The most common bleeding time is within the first few hours after surgery. Another common bleeding time is about one week after surgery when the scab begins to shed from the throat. On occasion, the patient will bleed a few teaspoons of blood then stop bleeding. This is quite common. Profuse bleeding is more serious and the doctor should be notified if this occurs.

**Activities:** It must be remembered that the patient has had a general anesthetic and an operation. No matter how good he/she may feel 3 or 4 days after surgery, it is important that he/she not resume normal activities too soon. Usually in children it is necessary to limit activities for about seven days, and then gradually resume normal activities. Most children are able to resume activities in about two weeks. Adults usually improve more slowly than children and may feel worst 4 to 6 days after surgery, with gradual improvement after that.

**Post-Op Checkup:** A post operative checkup should be done two to four weeks after surgery.

**Appearance of the Throat:** Parents and patients often notice an area of whiteness in the throat after surgery and this is confused with pus. This is not pus, but merely represents the normal healing process (it's actually a scab) and will be shed as healing occurs. Redness may occur in the mouth also, and this again is normal. Small lumps may arise in the neck. These usually go away as

healing occurs. Sometimes children will talk through their nose for a few weeks after their adenoids are removed. This too gets better as healing occurs.

**Prescription Refills:** Our office is closed on Friday. Please be aware that we do not refill medications between 5:00pm on Thursday, and 7:30am on Monday. If you think you may need a refill over the weekend, please call before 5:00pm on Thursday. Messages will be answered between 5:00 and 5:30pm.