

## Tonsillectomy and/or Adenoidectomy - After Surgery Care

This is a guide to follow after having tonsils or adenoids removed. Please read and understand how to care for a patient who has had this surgery. **Call (702) 834-5886 for any questions.**

- Activity**
- When patient is home from surgery, the patient should stay in bed for the rest of that day.
  - For 7-10 days after surgery: No school. No day care. No gym class.
  - For 10 days after surgery: Avoid strenuous physical activity, avoid long exposure to cold air, avoid crowds and people who may be ill.
  - For 14 days after surgery: No distant travel.

**Food and Drink** - Hydration is important! Give drinks and soft foods the patient likes, but **NOTHING RED or ACIDIC** for 14 days after surgery.

\*\*NO orange juice, NO red drinks, NO tomato sauce

| Drinks  | Soft Foods   |
|---|--|
| <ul style="list-style-type: none"> <li>• Juice</li> <li>• Water</li> <li>• Popsicles / Italian ice</li> <li>• Soda</li> <li>• Gatorade</li> </ul> | <ul style="list-style-type: none"> <li>• Pasta</li> <li>• Mashed Potatoes</li> <li>• Scrambled eggs</li> <li>• Pudding</li> <li>• Smoothies</li> </ul> |

**Medicine** Children (less than 12 years old):

- Alternate tylenol and ibuprofen (Motrin), the dose is based on the child's weight.
- Every three hours the patient should receive a medication
  - Example: 9:00 am ibuprofen
  - 12:00 pm tylenol
  - 3:00 pm ibuprofen
  - 6:00 pm tylenol, etc.

Adults and Teens (12 years and older):

- Alternate **650 mg tylenol** and **800 mg ibuprofen** every 3 hours
  - Example: 9:00 am ibuprofen
  - 12:00 pm tylenol
  - 3:00 pm ibuprofen
  - 6:00 pm tylenol, etc.
- A prescription may be given for **hydrocodone (Norco)** for pain not controlled with Tylenol and ibuprofen. Ok to take in addition to Tylenol and ibuprofen if above dosing is followed.
- **Zofran 8 mg** is an oral dissolving tablet for nausea, as needed

**Special Precautions**

- Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance for 24 hours after the anesthetic, i.e., driving, bicycling, etc.
- Keep the mouth clean to reduce the chance of infection and a bad mouth odor. This is common for up to 14 days after surgery. Rinsing the mouth with warm/cold salt water and brushing the teeth will clean the mouth and help stop the odor.
- NO alcohol containing mouthwash, as this will cause discomfort/pain.
- White or gray patches (scabs) will form at the back of the throat where the tonsils were removed. These are a normal part of healing.

| <b>Call the doctor's office for:</b>   |   | <b>(702) 834 - 5886</b> |
|--|---|-------------------------|
| <b>Bleeding</b>  | <p>Danger of serious bleeding is usually over by the time the patient leaves the hospital. Rarely, bleeding can occur up to 14 days after surgery. <b>No distant travel for 14 days!</b> In children, bleeding may cause a refusal to eat or drink. Swallowed blood may cause nausea or stomach pain.</p> <p>Should bleeding occur, blood may come from the nose or mouth. Have the patient remain calm and spit the blood out carefully while sitting. Gently gargle ice water in the throat. If the bleeding does not stop promptly, call the office. Also, notify the office of any of the symptoms of bleeding (nausea, stomach pain). Bleeding may need to be checked in the office or in the Emergency Room.</p> <p><b>Call the Office at (702) 834-5886 to find out where you should go (Summerlin Hospital or Centennial Hills Hospital).</b></p> |                         |
| <b>Fever</b>   | <p>It is normal for the patient to have a slightly higher temperature after surgery. The higher temperature can last a few days. This is normal. Please call the office if the patient has a moderate to high temperature (greater than 101 degrees orally).</p>  |                         |
| <b>Pain</b>  | <p>Ear pain is common following tonsillectomy and adenoidectomy. This does not mean there is an ear infection. The pain is referred from the throat to the ears. If the pain is not helped by routine medication or the pain is getting worse, it should be reported to the doctor.</p>   |                         |
| <b>Follow-Up</b>   | <p>If the follow up visit for after surgery is not already scheduled, please call the office. This visit should be 1-2 weeks from the date of your surgery.</p>   |                         |
| <p>If the office is closed, your phone call will go to the on-call ENT doctor.</p> <p>If you are unable to reach the on-call ENT doctor, <b>go directly to the Emergency Room (NOT an urgent care)</b>. There will be a doctor there to treat the patient and to notify your doctor. However, it is best to talk to your doctor first.</p> |   |                         |

**If you are unsure about any of the above items or have questions, please contact our office at (702) 834-5886 from 8:00am to 5:00pm Monday through Friday.**

**After hours, if you have an emergency, call the office number first and you will be connected to the on-call doctor. If you can't reach the on-call doctor, go to the emergency room.**