

POSTOPERATIVE INSTRUCTIONS TONSILLECTOMY/ADENOIDECTOMY

What to expect:

Removal of the tonsils leaves a raw surface at the back of the throat. This is usually quite painful for the first 3 to 5 days after surgery and gradually improves each day. The tonsil area becomes coated with a white/yellow thickened mucous which acts as a protective covering while the area heals. This mucous begins to fall off after 7 days leaving a raw area. This often increases the pain and can cause pain to be felt in the ears. This normally subsides in 1 or 2 days. The tonsil area completely heals in 2 to 3 weeks in most instances.

Diet / Eating Instructions:

Day 1-3-- primarily soft foods, liquids
clear liquids, Jell-O, applesauce, soups, broth, juice, soda

Day 4-7-- soft foods such as sandwiches, mashed potato, pasta

Diet can be increased gradually as tolerated with caution to avoid salty foods or foods with sharp/rough edges during healing

Medications:

Pain medication- use as directed. You can begin to use Tylenol after a few days.

Do not use products as Motrin, Advil, and Aspirin

Antibiotics- use as directed and finish the entire prescription.

Precautions:

- Nausea may occur after surgery, usually as a reaction to anesthesia. This often lasts only for a day, but if severe, medication can be used to relieve the nausea.
- It is important to maintain fluid intake after surgery. If unable to tolerate fluids, you should call the doctor's office.
- Any bleeding noted after surgery needs to be evaluated immediately.
- Chewing gum will help relieve some of the pain following tonsillectomy.

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