



**SOUTHWEST ENT**  
**A S S O C I A T E S**  
EAR, NOSE & THROAT SPECIALISTS

**POST-OPERATIVE INSTRUCTIONS**  
**TONSILLECTOMY/ADENOIDECTOMY**

Tonsillectomy/adenoidectomy leaves a raw surface at the back of the throat. This is usually painful for the first few days after surgery and gradually improves each day thereafter. The tonsil area becomes coated with white/yellow thickened mucus which acts as a protective covering while the area heals. This “eschar” begins to fall off after about 5 days. This often increases the throat pain and can cause pain to be felt in the ears/head and neck. This normally subsides in a few days. The tonsil area completely heals in 2 to 3 weeks in most instances.

**DIET:** Begin with clear liquids immediately after surgery. Diet can return to normal as tolerated after surgery with caution to avoid foods with sharp/rough edges (ie. chips, popcorn) during the 2 weeks of healing. **Fluid intake is most important after surgery.** Hydration can best be gauged by urine output, with clear, relatively colorless and frequent urination the goal.

**ACTIVITY:** Activity is restricted after surgery: no coached activities (including PE) for children and no strenuous activities for adults for 2 weeks.

What to expect after surgery:

Fever: Common after tonsillectomy/adenoidectomy, but the doctor should be notified if temperature is  $> 101.5$ .

Pain: See above. Tylenol or the narcotic/Tylenol prescription should be given for discomfort/pain as needed. Chewing gum may help relieve some of the pain following tonsillectomy/adenoidectomy.

Bad breath: Bad breath lasting up to 2 weeks is common after tonsillectomy/adenoidectomy. Breath can be quite foul, but does not indicate infection and will resolve.

**MEDICATIONS:** Oral antibiotics as directed by your doctor. Use pain medication only as recommended by your doctor. **Do not use any other products for pain, especially not Motrin, Advil, Ibuprofen, Aleve, and Aspirin.**

**PRECAUTIONS:** You should notify your doctor for any bleeding noted after surgery.

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