Tonsillectomy & Adenoidectomy
Post-Operative Care Instructions

- During the first post-operative week patients may experience significant throat and ear pain. This is quite normal and may fluctuate. Pain usually gets worse (days 4 - 6) before it gets better. Progressive recovery can be expected in 10 – 14 days.
- During the first 24 hours some tongue and uvula swelling and numbness may occur. This slowly resolves.
- Allow sufficient time to recuperate and increase activities during the first post-operative week as tolerated. It is not unusual to miss a week of school or work.
- Take pain medication as prescribed. DO NOT TAKE ASPIRIN OR NSAIDS (Ibuprofen, Advil, Motrin, Aleve, Naprosyn, etc.), AS THESE INCREASE THE RISK OF BLEEDING. Codeine (or other opiates) may cause nausea, vomiting, and constipation. If so, many patients will use regular acetaminophen (Tylenol) with some relief.
- Drink plenty of fluids (water, juice, dairy products, broth, ice pops etc). Avoid citrus drinks (orange, lemonade, grapefruit, etc.), hot beverages (i.e. coffee), or carbonated beverages (soda) as these may cause discomfort and irritate the healing process. Occasionally patients become dehydrated and require a visit to the ER for IV rehydration.
- Avoid sharp, hot, spicy, or hard foods (pizza crusts, potato chips, pretzels, etc).
- Eat plenty of soft foods for the first week after surgery (yogurt, mashed potatoes, pasta, apple sauce, ice cream, ice pops, etc.). Advance as tolerated to cooked vegetables and ground beef.
- Sucking on hard candies and lozenges will keep the throat moist and help exercise the throat muscles which aids in healing.
- Good oral hygiene is important. Brush your teeth 3 times per day. DO NOT GARGLE.
- Do not be alarmed by the presence of whitish patches in the throat during the first two weeks. This is normal and part of the routine healing process.
- Do not be alarmed by the presence of blood-tinged mucus or saliva, which is normal. However, IF THERE IS PERSISTENT BLEEDING FROM THE THROAT, CONTACT OUR OFFICE IMMEDIATELY.
- Note any elevation in temperature. CALL OUR OFFICE IF OVER 101.5°F.
- If you had an adenoidectomy, there may be some increase in mucus production in the nose. This is part of the normal recovery process.
- Please schedule your post-operative visit for approximately 2 to 3 weeks after the operation, or as otherwise recommended by your surgeon. This is important so that we may evaluate your progress.
- Please call the office at any time if you have any questions or concerns.

**In the event that you experience a medical emergency or are unable to contact the office, please go to the nearest Emergency Room.**