

## SUMMIT ENT ASSOCIATES

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### Postoperative Tonsillectomy/Adenoidectomy Instructions

The following are recommendations to make recovery more safe and comfortable.

Before leaving the hospital, make sure you have your prescriptions(s). The clinic will contact you to schedule a return appointment for a postoperative visit. For mild pain, Tylenol is suggested. For more intense pain, a stronger pain medication will be prescribed for you. **Under no circumstances should you take Aspirin, Motrin, Advil, or any other pain medication not recommended specifically by Dr. Murphy.** These medications interfere with blood clotting and may cause bleeding problems after surgery.

The remainder of your day should be spent resting in bed or in a recliner. You have been given plenty of fluids intravenously while in the hospital. ***After leaving the hospital you MUST stay well hydrated and drinking plenty of fluids will ensure this!*** Drinking will also prevent you from becoming dehydrated and feverish. The sooner your child begins to swallow, the faster he or she will recover from surgery. Dietary recommendations are made later in these instructions.

If you are concerned you have a fever, please check it. Should your temperature rise over 101.5 degrees Fahrenheit (39 degrees Centigrade), please call the clinic. Ear pain after a tonsillectomy is not uncommon. If the earache persists for over 4-5 days, call the clinic.

It is not uncommon to vomit or throw up after surgery. If you vomit once or twice, there is no reason for concern. If your vomit more frequently or vomits old, dark blood, you should call your doctor. If you spit up large clots of blood or fresh, bright red blood, this indicates bleeding from the tonsillectomy site and you should be brought to the Emergency Department immediately.

Your voice may sound “funny” for 7-10 days following surgery. This is due to the new spaces in the back of the throat which result when the tonsils are removed. As the muscles relax and as these spaces fill in, your voice should return to normal. You may have bad breath for a few days. This is because of the healing process and is normal. You may also see white film or patches in areas where the tonsils were. This is also normal as the areas are healing. Gum chewing may reduce the bad breath and may help the throat muscles to relax.

It is recommended that children not return to school or day-care for 5-7 days following surgery. Adults may return to school or work in the same amount of time. Limit your exposure to others to reduce the chance of colds or other infections. You should avoid vigorous physical activity for 10 days following surgery.

### **Dietary Recommendations:**

During the first 24 hours after surgery, clear liquids are recommended such as: water, lukewarm chicken broth, flat 7-up, apple juice, jello, popsicles, and ice chips. Avoid hot liquids, citrus juices (orange and tomato) and carbonated beverages (unless opened and allowed to “de-fizz”).

After the first 24 hours, a soft diet is recommended. Good choices include: ice cream, cream of wheat, or other cooked cereals, mashed potatoes, pasta with butter, puddings, warm soups, jello, yogurt, soft-cooked or scrambled eggs, custards, and ground beef in gravy or sauce. A soft diet should be continued through the 3<sup>rd</sup> day.

On the 4<sup>th</sup> and 5<sup>th</sup> day after surgery, you may begin to eat the foods you would normally eat. *Since you are at the greatest risk for bleeding for 2 weeks after surgery, scratchy food such as chips and raw vegetables should be avoided during this period.*

### **When to Call your Doctor:**

- You have a temperature above 101.5 degrees Fahrenheit (39 degrees Centigrade)
- You have a persistent earache lasting over 4-5 days (slight ear pain is normal)
- Vomit frequently or vomit old blood that is dark in color

### **You need Emergency Medical Care if:**

- You spit up large blood clots or bright red blood (this indicates bleeding from the tonsillectomy site)

If you need emergency medical care, go to the Summit Medical Center Emergency Services Department or to the nearest emergency department.

Our clinic will call the day after discharge to schedule a postoperative follow-up appointment. If you have any questions or concerns, please call Summit ENT Associates and speak with Bill Minton the ENT Nurse. After hours, call the clinic and speak to the Message Center and ask to speak to the ENT associate on-call.