



(281) 203-5015

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POST-OPERATIVE CARE INFORMATION FOR SURGICAL PROCEDURES

To the Patient/Guardian, _____ Surgery Date: _____ Center Name: _____

POST OP CARE INSTRUCTIONS FOLLOWING TONSILLECTOMY AND ADENOIDECTOMY SURGERY:

- 1) **Diet:** Adequate fluid intake must be maintained in spite of possible discomfort. If enough fluids are swallowed, eating food may be delayed for a week or so until it is more comfortable. Start with liquids and ice chips and avoid hot, highly seasoned or coarse foods. Citrus fruit juices are usually not well tolerated the first few days. Cold foods are sometimes tolerated much better than warm ones. A dose of pain medicine about 30 minutes before eating will be helpful. Suggested foods include: Milk, malted milks, ice cream, Jell-O, eggs, custard and puddings. Most soft foods are acceptable. Do not eat crunchy foods such as chips, nuts, or popcorn for 2 weeks.
- 2) **Activity:** Strict bed rest is not necessary, but there should be no strenuous activity for approximately 14 days. The patient can usually set his own activity level, although children may need some guidance by their parents. Full activity including sports may be resumed after two weeks.
- 3) **Pain:** Pain with swallowing is present, especially following a tonsillectomy. The pain can also be referred to the ears. This is quite common and is rarely accompanied by ear infections. This is best treated with Tylenol, using the appropriate doses every 3 to 4 hours. Aspirin should not be used because it is frequently associated with post-operative bleeding problems. Soreness can be expected to be worse upon arising in the morning.
- 4) **Aspirin:** Do not take medications containing aspirin, aspirin products, anti-inflammatory drugs (such as Motrin, Aleve, and Advil) or Gingko Biloba for 2 weeks prior to or after surgery, as these may cause bleeding. Only Tylenol (acetaminophen) products are safe.
- 5) **Fever:** A low grade fever (under 102 degrees) is common during the first week post-op. It is often associated with inadequate fluid intake and should be treated by increasing the fluids using Tylenol. Should the temperature go above 102 degrees, you should contact the office.
- 6) **Healing:** It is common for there to be a white membrane in the areas of the throat where surgery was performed. This is a protective coating and should not be removed. No gargling should be done during the first week after surgery and the throat should not be vigorously or excessively cleared, since it will increase throat irritation and might cause bleeding. Bad breath is common and is usually of no concern.



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- 7) **Bleeding:** Although bleeding following this surgery is rare, it is the most common complication. If it occurs, it is most likely to occur in the first 24 hours following surgery, or about one week post-op when the white membrane separates from the tonsillar area. Should blood streaks be noted, the patient should sit up, if tolerated, be quiet and let ice chips melt in mouth. If the bleeding persists for 10 minutes, or is excessive, our office should be contacted any hour of the day or night.
- 8) **Post Op Visit:** Your first post-op office visit will be approximately 2 to 3 weeks after surgery.