



TONSILLECTOMY and or ADENOIDECTOMY

Home care information

Diet: Adequate fluid intake must be maintained in spite of the possible discomfort. All soft foods are permitted. Start with liquids and ice chips and avoid any hot, highly seasoned or coarse foods. Citrus fruit juices are usually not well tolerated the first few days. A dose of pain medicine about 45 minutes before eating will help lessen the discomfort. Suggested foods include: milk, malted milks, ice cream, jello, eggs, custards, puddings, and carbonated beverages. Remember, fluids are the key to rapid recovery.

Activity: Strict bed rest is not necessary, but there should be no strenuous activity for seven to ten days. Avoid crowds.

Pain: Pain with swallowing is common following a tonsillectomy. The pain can also be referred to the ears. This is not unusual and rarely indicates infections. This is best treated with the prescribed pain medicine, using the physician's recommended dose. Aspirin should not be used because it is frequently associated with post-operative bleeding problems. Soreness can be expected to be worse upon waking in the morning, and the pain medicine at that time will ease the discomfort and promote chewing and intake of fluids.

Fever: A low-grade fever (under 102 degrees) is common following tonsillectomy. It is often associated with inadequate fluid intake and should be treated by increasing the fluids and using the pain medicine. Should the temperature go above 102 degrees, you should contact the office.

Healing: It is common for there to be a white membrane in the area of the throat where the surgery was performed, and this is a protective coating which should not be removed. Avoid gargling during the week after surgery. Objectionable mouth odor, usually lasting for several days, is normal and relieved by drinking fluids and maintain an adequate intake of proper foods.

Bleeding: If blood streaks are noted, the patient should lie down, use an ice collar under the chin, be quiet and suck ice chips. If bleeding in the throat or nose should occur and persist for one hour, CALL OUR OFFICE. If this bleeding occurs at night and you are unable to contact your doctor, please call our office and the answering service will get in touch with your doctor or the on-call doctor.

Return Visit: Your child will be examined post-operatively at a time specified by your doctor.