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EAR, NOSE AND THROAT HEAD AND NECK SURGERY

## **POST-OPERATIVE CARE**

### **TONSILLECTOMY/ADENOIDECTOMY**

**\*\*\*PLEASE SAVE THESE INSTRUCTIONS! REFER TO THEM AFTER SURGERY\*\*\***

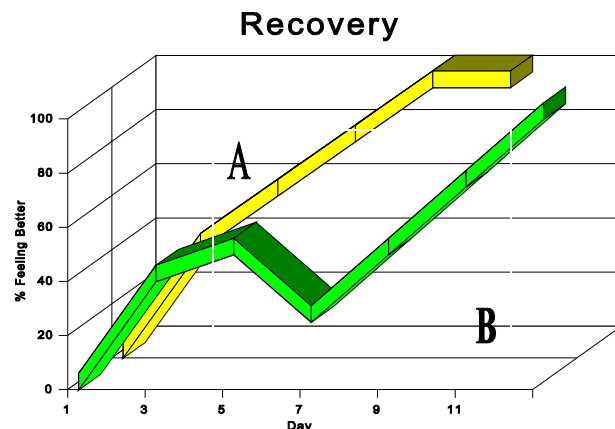
**DIET:** Proper food and adequate liquids are essential to insure rapid healing and minimize complications. Gum chewing is helpful as it can reduce muscle spasm.

Soft foods may include Jello, ice cream, pudding, yogurt, applesauce, eggs and soft foods that are easy to swallow. **AVOID** hot, spicy, acidic and rough foods, such as: Toast, chips, crackers, raw apples, carrots and heavy meats. There are no dietary restrictions if adenoids alone were removed.

Encourage plenty of fluids to avoid dehydration. Popsicles and ice cream count! Avoid citrus, sodas, and hot beverages.

**ACTIVITY:** Limited home activity for the first week after surgery. If feeling well, can return to work or school in several days, 1-2 days if adenoids only removed. Avoid strenuous activity for two weeks after a tonsillectomy and 3-5 days if adenoids only are removed.

**SORE THROAT:** Sore throat pain and discomfort are common after a tonsillectomy. This is usually due to irritation and spasm of the muscles in the throat. The duration varies from a few days to 2 weeks. Generally each day is better than the previous one (A). However, the patient may occasionally develop "referred" ear pain or worsening throat pain around the 5th or 7th day (B).



**MEDICATIONS:** Antibiotics and pain medications will be prescribed. Pain medication may be given 30 minutes before meals to help ease swallowing when eating, which enables adequate food and liquid intake. Sore throat lozenges such as "Chloraseptic Sore Throat Lozenges" are also very helpful. **AVOID ALL ASPIRIN AND ADVIL PRODUCTS.**

**WHITE PATCHES:** White patches in the back of the throat are a temporary normal coating visible during healing, NOT a sign of infection.

**BLEEDING:** The tonsil crusting (white patches) may come off about 1 week after surgery and cause a little bleeding. Keeping the throat moist by drinking plenty of fluids will help prevent excess crusting and bleeding after surgery.

**FOLLOW-UP:** A follow-up visit should be scheduled for 2 weeks after the surgery unless other arrangements have been made.

**WARNING-SIGNS:** *Call immediately if any of the following warning signs occur:*

Bright, active, red bleeding  
Sustained fever over 101  
Severe pain not relieved by any of the above measures.