



PATIENT DISCHARGE INSTRUCTIONS: TONSILLECTOMY with or without ADENOIDECTOMY

POST-ANESTHETIC CONSIDERATIONS: Anesthetics and other medications will be in your body 24 hours, so you may feel a little sleepy. This feeling will slowly wear off, but for the next 24 hours, adults should **not**:

- Drive a car, operate machinery or power tools
- Take any medication except as directed
- Drink any alcoholic beverages
- Make any important decisions – such as signing legal documents

Certain anesthetics and pain medications may produce nausea & vomiting which usually resolves by the evening of the surgery.

ACTIVITY: Strenuous activities such as exercise and lifting heavy objects should be restricted for two weeks.

DIET: Progress slowly to a regular diet (as tolerated) starting with liquids such as apple juice or Gatorade. Remember that some beverages may "burn" when swallowed. This is especially true of carbonated drinks or citrus juices. Popsicles and ice cream are fine to try. Avoid excessively hot food or drinks. **MAKE CERTAIN THAT PLENTY OF FLUIDS ARE TAKEN.** This is really more important than whether or not actual solid foods are eaten. For two weeks, please stay away from food with sharp edges such as potato chips. As long as the pain is severe, take pain medication about 45 minutes prior to eating. Even though it may make you somewhat drowsy, it will make swallowing much more tolerable.

MEDICATIONS: Use only Tylenol, ibuprofen, or other pain medication prescribed by your surgeon. Take pain medications regularly. If you wait until the pain is very severe, the medications do not work as well. Almost all pain medications can occasionally cause nausea; if this is the case, something for nausea itself may be required. Nausea and pain medications can be taken together, and the pain medication often works better with this sort of combination, but you must be careful as the combination can be too sedating. You may be given an antibiotic prescription by your doctor. Take/fill the antibiotic as directed by your doctor.

SYMPTOMS TO EXPECT: A slight temperature elevation, usually no greater than 101.5 degrees, can be expected. Referred ear pain may occur for two or three days after surgery. **WHITE SPOTS OR AREAS IN THE BACK OF THE THROAT ARE NORMAL** after surgery and will disappear as healing progresses. Throat pain with difficulty swallowing may be severe for three to seven days and sometimes as long as ten days. Young children often drool and "gurgle" when they breathe for up to three days postoperatively because they do not swallow saliva in the usual manner due to the pain they are having. This gradually resolves. Please remember that pain medications will help with this swallowing. A small amount of bleeding may occur about seven to ten days after surgery when the scab prematurely falls off the tonsil. You may have a change in taste that is temporary. Grape-size swelling and elongation of the uvula (the tissue that hangs down in the back of the throat) are fine, as long as you have no breathing problems.

WHEN TO CALL YOUR PHYSICIAN:

- If you are unable to drink fluids; have difficulty swallowing or breathing
- If there is more than ½ cup of bleeding; If the bleeding is severe, go immediately to the emergency room and contact the physician from there
- If you have a temperature over 101.5 degrees or have the chills
- Excessive vomiting
- Pain uncontrolled by the prescribed pain medication, Tylenol, or ibuprofen

SPECIAL INSTRUCTIONS: You will not need to come in for a postoperative appointment. A member of our clinical staff will call you 3 weeks postoperatively to see how you are progressing. We strongly suggest that a responsible adult be with the surgical patient the rest of the day and also during the night for the surgical patient's protection and safety. Please contact your physician immediately if you have an emergent situation. If you find that you cannot contact them, but feel that your signs and symptoms warrant a physician's attention, go to the nearest emergency room. For non-emergent questions (i.e. appointments or general questions), please call during normal office hours.