

ROCKLAND EAR NOSE AND THROAT ASSOCIATES, P.C.
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**POST-OPERATIVE INSTRUCTIONS FOR TONSILLECTOMY AND/OR
ADENOIDECTOMY**

1. The patient should rest indoors for two days. Beginning with the third day, the patient may sit or walk outside with someone or can be taken for a car ride. Organized or stressful activities should be **AVOIDED**.
2. The patient will experience a sore throat, swollen tongue and ear pain. These are all normal. Ear pain usually the biggest complaint and is almost always referred pain from the throat as the muscle base of the tonsil heals and contracts. It usually does not represent an ear infection. It may not start until the 5th day post-operatively.
3. Drinking is most important to prevent fever and dehydration.
4. Diet is limited by the desires of the patient. One may progress from liquids to soft, to full diet at their own pace. The faster one returns to a normal diet, the faster the recovery. We recommend soft, cold and mushy foods for the first few days.
 - a. Usually cold fluids are best tolerated such as: Gatorade, Koolaid, breakfast drinks and clear juices. Sometimes the acidic juices like orange and grapefruit will sting the throat.
 - b. Cold foods like ice pops, Italian ices, Slurpees and Frozfruits, jello, applesauce, puddings, are well tolerated. Sometimes milk based products like ice cream and yogurt and milk will increase the mucous/phlegm production and may be harder to tolerate.
 - c. Warm soups and soft foods that are not too hot or spicy are well tolerated. Soft eggs, oatmeal and cooked vegetables, pasta and mashed potatoes are some examples.
 - d. The patient may be able to progress to soft chicken nuggets, fish (without bones!) or hamburger meat by the 5th day.
 - e. Sharp foods like chips, tacos and pretzels are best avoided for 1 week.
5. Chewing is beneficial. Chewing gum aids the healing process, but do not use Aspergum. A white membrane usually forms about the second post-operative day in the area where the tonsils and/or adenoids were. This is what a scab looks like in the moist mouth areas and is part of the normal healing process. An objectionable odor usually accompanies the scab. Gargling, rough throat clearing, aggressive coughing and nose blowing can cause bleeding and are to be avoided.
6. The patient may shower, wash the hair and bathe as comfort allows, but use earplugs if there are tubes in the ears.
7. Take the pain medicine upon awakening and ½ hour before eating so it will have an effect during swallowing. Use the Tylenol with Codeine for the first 2-3 days but cut down as soon possible. Only use non-aspirin containing pain relievers such as: Tylenol, Valadol or DatriL. **DO NOT TAKE** Aspirin, Motrin, and Advil or Ibuprophen products.
8. Call our office to schedule a post-op visit in 1 week, for any questions or:
 - a. If bleeding occurs that doesn't stop in a few minutes.
 - b. If a temperature persists above 101 degrees.