

Tan Head & Neck Center
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Long Beach, CA 90807
(562) 988-8818

WHAT TO EXPECT AFTER YOUR TONSILLECTOMY (AND/OR ADENOIDECTOMY)

1. You will have throat pain for up to two weeks (14 days) after the surgery. Often, this pain will become worse about 4-5 days after the surgery, so do not be alarmed if it seems to be getting worse. You will receive pain medicine after the surgery. Take it as needed up to every 4 hours.
2. You may not feel like eating right after the surgery. It is important to eat some soft foods to maintain energy. Your diet should be a cool, soft diet, such as juices, cold soups, jello, mashed potatoes, soft chicken, yogurt, etc. Avoid hot (temperature_ foods or hard foods that might scratch the throat (pizza crusts, hard breads, etc). More importantly, you should drink plenty of fluids, even if it hurts. The more fluids you drink, the faster the recovery. If you cannot even drink liquids after the surgery, then you will need to come into the hospital for intravenous hydration.
3. There will be white patches at the back of the throat for about 3 weeks after the surgery. This does not indicate infection. Rather, this is the normal healing process which must take place. Do not try to remove the white patches, but rather let them heal on their own.
4. A fever up to 101 degrees can be expected, even for up to 5 days after the surgery. This is a normal reaction to anesthesia. It is ok to take Tylenol for this. Drinking more fluids and walking around will help resolve this. If the fever is over 103 degrees or last longer than one week, please call the doctor or your pediatrician.
5. Bleeding may occur in up to 10% of patients undergoing a tonsillectomy. When it occurs, it usually happens 4-8 days after surgery. However, it can happen even up to 14 days after surgery. If you see blood coming from the mouth, begin gargling ice cold water for 10 minutes (for patients over 8 years of age). If it does not stop, come back to the emergency room at Long Beach Memorial and notify Dr. Tan immediately, (562) 988-8818.
6. Avoid strenuous physical activity, blood thinning medications (Aspirin, Advil, Aleve, Motrin, over the counter pain medications, etc.) and stressful situations for 2 weeks after surgery. All these may cause post-operative bleeding.