

Tonsillectomy and Adenoidectomy

Before Surgery

- Avoid aspirin and ibuprofen (Motrin, Advil, etc) 10 days prior to surgery
- Nothing to eat or drink after midnight before surgery.

After Surgery

- Start with a clear liquid diet the first day after surgery. Milk products and carbonated drinks are permitted, if tolerated during recovery.
- Avoid sharp edged and acidic foods (ex: orange juice) the first 2 weeks after surgery.
- Salt Water gargles, ice packs on the neck and a humidifier may aid in your recovery.
- Gum chewing will also help to keep the muscles in the back of the throat loose.
 - If pain is not tolerable with Tylenol or prescribed medications Ibuprofen may be used. There may be a small increased risk of bleeding with ibuprofen so this should be used as little as needed.

IT IS RECOMMENDED TO DRINK AT LEAST 6 OZ OF FLUID EVERY HOUR.

Normal Signs and Symptoms

- Sore throat for 7 to 14 days after surgery. The sore throat will increase for 1-2 days around the 1-week post op time.
- A thick gray/white film on the back of the throat. This will slowly clear over the 1st 2 weeks. These are scabs and need to be kept soft by drinking.
- Mild to Moderate earaches are common, especially at the end of the week when the sore throat increases. Most of this pain is referred from the throat.
- Temperatures may be elevated intermittently during recovery (99-100) Low grade fever will usually improve with increased hydration and/or Tylenol.

PLEASE REPORT TO OUR OFFICE IF YOU HAVE ANY OF THE FOLLOWING SIGNS OR SYMPTOMS.....

- Fever over 101.5 that does not improve with increased hydration and/or Tylenol.
- Bleeding that does not cease with ice packs (at the neck) or ice water gargles. Contact the office if any bleeding for a child under 18.
- Increasing difficulty with swallowing or breathing. (Note: there is a difference between painful swallowing and difficulty swallowing.)

Any questions, please call Southern Crescent ENT at 770-474-7416.