

## Tonsillectomy and Adenoidectomy

### Postoperative Instructions

#### DAY 1: (At Home)

Keep indoors and in bed depending on how he feels.

Diet: Ices, ice cream, popsicle, cold milk, soft drinks, gelatin or jello, custards, soft cereal, egg nog, and apple juice. Frequently encourage the child to drink small amounts of fluids.

Do not eat crackers, potato chips, hard toast, or any solids that might irritate the throat.

AVOID orange, grapefruit and tomato juices for one week after the operation as they will make the throat burn.

For Pain: Tylenol syrup as directed for age.

#### DAY 2:

Diet: As above plus soft-boiled eggs, well mashed potatoes, soft milk toast, and warm soups.

Do not eat hot, hard, sour, or highly spiced foods.

For Pain: Tylenol 15 minutes before meals may ease the pain.

#### DAY 3:

May go outside.

Diet: As above, plus hamburger or other soft meats (well chopped or blended), soft vegetables and bread without crust. Continue to use Tylenol as needed.

#### DAY 4, 5, and 6:

Gradually add foods, including well cooked meat.

FOR PAIN IN THE THROAT: Use Tylenol, NOT aspirin.

Must avoid injury to operative site while brushing teeth. May use mouthwash instead.

#### IMPORTANT INFORMATION:

\* FOR FEVER OVER 101 degrees F (38.4 degrees C): Call the clinic & see your doctor.

\* BLEEDING: Sometimes bleeding occurs after the patient has gone home. If he spits out only a few drops of blood, have him lie down and then place an ice collar or cold cloth around the neck. If an older child, try gargling gently with ice water. If he is spitting up a lot of blood, or if blood is flowing from the nose, or if he vomits blood, then IMMEDIATELY bring him to the emergency room.

\* Two white patches will form where the tonsils were removed. This is normal and is similar to scabs on the outside of the body.

\* Most people have some pain in the ears for several days after surgery. This does NOT

mean that the ear is infected, and is usually relieved with Tylenol.

\* If patient had tubes placed in eardrums, DO NOT LET WATER GET IN EARS.

\* Keep clinic appointment for checkup. Child may return to school in one week, if doing well.