

Tonsillectomy/Adenoidectomy

Post Surgical Instructions

- ❑ You will have several medications to take for your surgery. The first is an antibiotic that you will need to take the day before surgery. The other three medications are for after your surgery. They are medications for nausea and pain, plus a sucker that will help numb your throat. The prescription for the antibiotic will be given to you on your pre-op visit. The prescriptions for pain, nausea, and the numbing sucker will be available for pick up at the Gateway Pharmacy at the surgery center on the day of surgery. Please note that the Gateway Pharmacy is closed on the weekends so you will need to pick up any refills on your pain medicine or suckers before the weekend.
- ❑ You will probably feel pretty good the day that you come home from the hospital. You can eat whatever you feel like eating as long as it doesn't have sharp edges or pieces (like chips). Be sure and drink lots of fluids while you are feeling good. As soon as you start to hurt, you need to go ahead and take your pain medication. If you wait until you are really hurting a lot, the medication will not work as well. You may lose your appetite or be unable to eat much for several days.
- ❑ In order to keep from getting sick to your stomach, you will need to be sure and eat a little something each time that you take pain medication. The best time to eat a large meal, will be about 30 minutes to an hour after you take pain medication. Your throat will be the least sore at this time and children will especially do better with this.
- ❑ If you do feel sick to your stomach, be sure and take the nausea medication at the first sign. The medication will make you very sleepy. If you have a small child, they may not know how to tell you they are sick to their stomach. If they start to vomit, you need to go ahead and give them the suppositories that you have been given. It is important if you have any vomiting to begin drinking to replace the lost fluids as soon as you are feeling better. You will need to wait at least 30 minutes to give the medication a chance to work first.
- ❑ You have been given antibiotics to take to prevent any infections. If you get a temperature greater than 102.0 degrees it will most likely be because you are not drinking enough. Take some pain medication (it has Tylenol in it) if this happens and begin to drink as much as possible immediately. **If your fever persists after this then you should call the office.**
- ❑ Adults may have swelling of the throat and the uvula within the first few days after surgery. While this is normal, it may give you a smothering sensation when you lay down to sleep. If this happens you will be more comfortable sleeping on a few pillows or in a recliner for a few days. To help decrease the swelling, you can use ice packs on the outside of the throat and eat ice or Popsicles and drink very cold liquids. You may also find it easier to swallow if you lean forward just a little when eating.
- ❑ After the first few days you may begin to feel a little better and then feel bad again around day 7-10. This is part of the normal healing process and can mean that the scabs are beginning to separate and fall off.
- ❑ It is common to have ear pain a few days after surgery. This is really pain from the throat that is referred to the ears and it will go away as your throat heals.

Cabarrus ENT and Facial Plastic Surgery

***1018 Lee Ann Drive NE
Concord, NC 28025***

704-782-7111

- ❑ If you look at the back of your throat you will notice big white scabs. Even though they may appear to be infected, this is part of the normal healing process.
- ❑ Around day 10-14 your scabs will fall off. You may have some bleeding when this happens. If you notice a little bleeding you should chew on ice or Popsicles to stop the bleeding. **If the bleeding lasts for more than 15 minutes or it is a steady flow then you should go to the emergency room to be evaluated.**
- ❑ For two weeks after surgery you should avoid any strenuous activity (no P.E., running, jumping, or rough play for kids, no working out or doing anything that raises your heart rate for adults). Also, no lifting anything over 10 lbs and no straining pushing or pulling things.
- ❑ Take only the prescription medications given to you for pain or Tylenol. Do not take any other pain medications like aspirin, ibuprofen, Motrin, Advil, Pediaprofen, Aleve, or medications for menstrual cramps as this may cause an increase in the possibility of bleeding. Also, do not take Tylenol in addition to your pain medication because the pain medicine already has Tylenol in it.
- ❑ Avoid: spicy foods, hot foods, sharp or rough foods, hot liquids, and foods or drinks with a high acid content
- ❑ **If your child is a preschooler there are several additional things that you need to know:**
 1. They will probably go through a period of time when they will not want to eat or drink at all. During this time, it is very important that you make them continue to drink lots of fluids. You can give them anything that you want but they have to drink. Jello and Popsicles also count as liquids. The best time to give them food and drink will be 30 minutes after pain medication is given. It is okay if they really don't eat much of anything for a few days but if they don't drink they will end up in the emergency room and will have to have an IV to receive fluids. This will be very traumatic for them.
 2. They will probably not be able to tell you when they are hurting. If they are fussy or irritable then you need to go ahead and give them pain medicine.
 3. After the first few days, they may refuse the pain medication. It's okay to try switching them to Tylenol at this point. The pain medication has Tylenol in it so always give the pain medicine and the Tylenol at least four hours apart.
 4. Once they start to feel a little better, they will begin to eat again. Please allow them to eat as much as they want during this time because their body will be making up for the nourishment they have missed in the previous days. If you are concerned about their nutrition, you can get some Carnation Instant Breakfast at the grocery store. You mix it with milk and it is an excellent meal replacement – it also tastes really good unlike some other alternative

Cabarrus ENT and Facial Plastic Surgery

1018 Lee Ann Drive NE

Concord, NC 28025

704-782-7111