

Tonsillectomy and Adenoidectomy

Dr. Marcincuk's instructions for postoperative home care:

After surgery:

- You may feel like there is something in your throat. This is usually caused by drainage and swelling. Drinking fluids will help this feeling go away.
- You may run a low grade fever for several days.
- You may have a bad mouth odor. Drinking fluids may help this, as will time.
- You will see white patches in the back of the throat. This is normal, and generally not an indication of infection.
- You may have antibiotics and pain medicine ordered. Take your medicine as instructed.
- If you have persistent nausea lasting more than 6 hours, or that interferes with holding down fluids, call the doctor. Realize that pain medicine taken on an empty stomach is a very common cause of nausea after this surgery. Take some fluids or soft foods with the pain medicine to prevent this.
- Do not forcefully cough or clear your throat. Do not drink thick liquids/smoothies through a straw.
- Do not use mouthwash or gargle. However, swishing salt water is fine.

If I have pain:

- Pain is typical for the first 7-10 days.
- Pain is often worst the morning after surgery.
- Pain is usually felt in the throat, and is often felt in the ears as well.
- Take the pain medicine regularly, every 4-6 hours, for the first few days. After that, take as needed.
- An ice pack to your throat may help lessen the pain.

Do not take:

Do not take any over the counter medicines at the same time you take your prescription medicine without first talking to your doctor. Many prescription pain medicines contain Acetaminophen (Tylenol). Taking additional over the counter medicines may cause an overdose of Tylenol, liver injury, or a bad reaction.

Do not take ibuprofen (Advil, Motrin) or aspirin products after surgery without first talking to your doctor. These can lead to an increased risk of bleeding after surgery.

What can I eat?

- Drink plenty of fluids. Avoid carbonated beverages and acidic juices (grapefruit or orange) for 2 weeks after surgery.
- Avoid scratchy, sharp, or crunchy foods, spicy foods, and foods that are too warm/hot for 2 weeks after surgery.
- Soft foods and cold foods are the best (ice cream, mashed potatoes, yogurt, apple sauce, soup, pudding, popsicles, oatmeal, bananas, canned peaches, etc.)
- Swallowing may be easier about 30 minutes after taking the pain medicine.

School and activities:

- Plan to stay home from work or school for one week after surgery. Do not return to work or school until you no longer need the prescription pain medicine.
- No sports, gym class, or rough activities for 2 weeks after surgery.
- Do not stay out in the hot summer sun (even if you are just resting) for 2 weeks after surgery.

When to call Dr. Marcincuk:

- If you cough, vomit, or spit up more than a teaspoon of fresh, red, bloody drainage. Call immediately day or night.
- Fever of 103 or higher within the first week of surgery.
- Uncontrolled pain or nausea, the inability to drink fluids, or for a drop off in the amount of urine made.