



Post-Operative Instructions
Tonsillectomy and/or Adenoidectomy

1. Diet: Because of significant sore throat, cool liquids and soft foods are usually more easily tolerated for several days after surgery. The greatest risk to patients post-operatively is dehydration so be sure to drink enough fluids so that urination occurs at least every 8 hours. If the patient does not urinate every 8 hours, please call our office for instructions, or go to the emergency department for intravenous fluids. Frequent swallowing also decreases the number of days that the throat is sore.
2. Take your medications as directed. Narcotic medications are sometimes provided post-operatively. This type of medication often causes nausea and even vomiting. This is made worse when taken on an empty stomach, so encourage the patient to have something to drink or eat prior to taking this type of medication. If vomiting cannot be controlled, please call your physician.
3. Activity level should be minimal for the first day. No vigorous activity/exercise/recess is allowed for 10 days for children and for a full 14 days for an adult. Do not lift anything over 20 lbs., and do not pick things up by bending over.
4. The sore throat typically worsens over the first week and then starts to subside. Expect the patient to be more uncomfortable several days after surgery than they were the first day. The pain may be worse in the morning and improve with liquids. Ear pain is also common after surgery and may continue until the throat pain resolves.
5. Talking and swallowing are encouraged and promote healing. Avoid coughing, cleaning the throat, crying, sneezing, gargling or shouting.
6. Vomiting a small amount of blood immediately post-operatively is acceptable, but any bright red blood seen after leaving the hospital should be immediately reported. If the bleeding seems excessive, the patient should be brought immediately to the closest emergency department. Bleeding is most common about a week after surgery and usually occurs within 10 days.
7. Low-grade temperatures are common, but call your physicians for fever over 102°F.
8. Foul smelling breath is common after surgery and will persist for a couple of weeks or longer in some patients. It will resolve as healing occurs.
9. A hyper nasal voice may occur after adenoid surgery, but this should resolve by the time of the post-operative visit. If it hasn't, let your physician know.
10. Do not take aspirin, aspirin-containing products, and medicines which are considered NSAIDs (ibuprofen, Motrin, Advil, Ketoprofen, Excedrin), or fish oil within 10 days of surgery because they may increase the risk of bleeding. Likewise, if you normally take blood thinning medications, do not restart this until approved by your physician. If you are not sure about these medications, please contact your physician.
11. You should have a post-operative appointment scheduled for about 3 weeks after surgery. Please contact us if you do not have this appointment scheduled. If you have any questions, please call 972-984-1050

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