



*For questions or emergency care, please contact us at 985-327-5905.*

## **POSTOPERATIVE INSTRUCTIONS**

### **Tonsillectomy/Adenoidectomy - Adult**

Tonsillectomy is the removal of the tonsils. It is a safe and effective surgical procedure that will provide you with lasting benefits. Adenoidectomy is the removal of the adenoids. The adenoids are pads of tissue located behind the nose in the top of the throat. The suggestions below should help with a rapid recovery.

#### **What to Eat:**

- avoid foods that are hot, spicy or rough and scratchy
- drink four to six 8 oz. glasses of liquid daily (sports drink, water, non-citrus juices) to prevent dehydration
- within one to two days, add cold and soothing foods (icees, ice-cream, popsicles). This is not only safe but helps control postoperative swelling and pain.
- as you feel better, add soft, bland items that are easy to swallow (pudding, mashed potatoes, soups)

#### **Activity:**

- We encourage you to get out of bed frequently and return to normal activity as soon as possible. There are no strict rules for activity after surgery other than to avoid contact sports or heavy exertion for about two weeks. Nearly all adults can return to work by 1 week from surgery.

#### **Ways to Lessen Discomfort:**

- encourage adequate food and liquid intake
- make sure all antibiotics are taken as prescribed
- stay positive, this surgery will help you and you will back to your old self in 2 weeks
- use pain medication as directed – as needed

*When taking prescribed medications, be aware that the medication will likely include Tylenol. Do not take additional Tylenol doses unless directed by your physician.*

#### **What to Expect:**

- hoarse or abnormal voice may occur for several days
- increased pain between 5-10 days as scabs mature and fall off
- a white scab or crust will form in the throat and will go away within about two weeks
- ear pain may occur (the ears and tonsils share common nerves), but is temporary and requires no treatment
- fever up to 101 degrees
- bad breath is common for several days
- vomiting may occur for up to 24 hours

#### **Call the Doctor if You:**

- have persistent or excessive bleeding (go right to the nearest emergency room if severe)
- have inadequate beverage intake
- have fever 102 degrees or higher despite acetaminophen (Tylenol)
- develop a severe stiff neck
- seem to be getting worse or not improving as the days go by

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