

## CARE AFTER SURGERY

### TONSILLECTOMY AND/OR ADENOIDECTOMY

Eric A. Birken, MD, FACS  
Srinivas R. Kaza, MD  
Jay A. Yates, MD

Board Certified  
Otolaryngology -  
Head and Neck Surgery

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General Adult and  
Pediatric ENT

Head and Neck Oncology

Otolaryngic Allergy

Rhinology and  
Sinus Diseases

Snoring and  
Sleep Apnea

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Parathyroid Diseases

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◆

231 Parrish Street  
Canandaigua, NY 14424  
585-394-8800  
585-394-5942 fax

4 Coulter Road  
Clifton Springs, NY 14432  
315-462-9491  
585-289-3490 fax

[www.lakeside-ent.com](http://www.lakeside-ent.com)

**INDICATIONS:** These surgeries are performed to alleviate recurrent tonsillitis, strep throat, ear infections, chronic middle ear fluid, a tumor, difficulty breathing, sleep apnea and swallowing difficulties.

**EXPECTATIONS:** Sore throat and ear pain for two weeks is normal. Whitish patches at the back of the throat and foul breath are common. Vomiting the first day, and a mild bloody nasal discharge and pink sputum for the first week is likely. Slight bleeding on about the 5-7th day often occurs and usually stops after applying an ice pack to the front of the neck and holding ice cold fluids in the back of the throat. It is not uncommon for patients to feel good the first week and worse the second week.

**DIET:** Avoid hot, spicy, dry or sharp foods (like chips and pretzels). Citric juices like orange and grapefruit may cause discomfort. Begin with soft foods and advance to solid foods as tolerated. Dairy products are allowed. Sherbet and popsicles are often soothing and a good source of liquid intake.

**MEDICATIONS:** Avoid aspirin, Motrin, Advil (ibuprofen). Use regular Tylenol for pain. Older kids and adults may have been given a prescription for pain medications and/or steroids. Use them as prescribed. If they seem to cause nausea or make you overly sleepy, then stop them and go back to using Tylenol.

**ACTIVITY:** Avoid any activity that may increase your blood pressure (swimming, sports etc.). Stay indoors and rest for the first week. Try to sleep with your head and shoulders elevated in the recliner position. Avoid talking a lot, throat clearing, gargling, and nose blowing. You may shower the day following surgery.

**SPECIAL INSTRUCTIONS:** Make sure you drink several glasses of water or liquids daily. Call for a high fever > 101.4°, brisk bleeding, or any questions.

**FOLLOW UP:** Two weeks with you surgeon.