

PATIENT INFORMATION SHEET TONSILLECTOMY AND ADENOIDECTOMY

Post-op Care

Having your tonsils and/or adenoids out isn't easy!! You will have a significant amount of pain, especially the first 7-10 days. Here are some common problems and helpful hints that will help you get through this easier.

- 1) Clear fluids following surgery (water, jello, popsicles, apple juice) until the following morning. It is important that you drink plenty of fluids--the more you drink, the less it will hurt; the less you drink, the more it will hurt. You may want to avoid citrus juices and fatty milk products during the first week. Citrus juices can irritate the raw area at the back of the throat where the tonsils have been removed and fatty milk products can leave a thick mucous in the back of the throat that is hard to swallow.
- 2) AVOID SHARP DRY FOODS for 2 weeks--chips, popcorn, French fries, peanuts, apples, blizzards with sharp chunks, etc. will irritate the surgical area. A soft bland diet (eg. porridge, eggs, soft fruits, cooked vegetables, soft meats, yogurt, etc.) can be added slowly.
- 3) DO NOT USE STRAWS!!!! For 2 weeks.
- 4) You will have a significant amount of pain, especially the first 10 days. To keep pain under control, take your pain medicine on a regular schedule--every 4 hours. During the second week, post-operative pain normally begins to improve slowly with each passing day. By the end of the third week, you should be back to normal. Call Dr. Jewett's office if more Tylenol#3 is needed.
- 5) Nausea and vomiting may occur following surgery; if this persists once home and you are not able to keep pain medication and/or fluids down, contact Dr. Jewett or your local Emergency Department.
- 6) Encourage rest periods for the first few days. Ask Dr. Jewett when you may return to work/school and resume normal activities. You should avoid strenuous activities for at least 2 weeks after surgery.
- 7) NO HOT TUBS OR LONG HOT SHOWERS for 2 weeks.
- 8) In cold windy weather, cover ears and head. Ear pain can be significant--it is a referred pain from the throat; not necessarily an ear infection.
- 9) In hot weather, try to keep cool.
- 10) Avoid exposure to infection.

- 11) White spots at the back of the throat are a normal part of the healing process. However, if a temperature persists and if you are feeling unwell, please contact Dr. Jewett.
- 12) Your uvula (the little punching bag at the back of the throat) may swell for 3-4 days after surgery. It can give the feeling that there is something in the back of the throat that needs to be swallowed. This is normal--don't be alarmed.
- 13) Call Dr. Jewett's office (489-3323) 2 days after surgery to inform him of how you are feeling.
- 14) Bleeding can sometimes occur after leaving the hospital. This occurs in a small percentage of patients. This could happen anytime in the first 2 weeks after surgery. If any evidence of bleeding (eg. frequent swallowing when not drinking, vomiting bright red blood or coffee ground-looking material), contact Dr. Jewett's office right away or go to your local Emergency Department.
- 15) Frozen peas or an ice pack on the throat area for the first few days helps to decrease the swelling in the throat.
- 16) A humidifier helps as the moist air helps to keep the throat moist.

**PLEASE REFER TO YOUR INTERNET REFERENCE FOR ANY
ADDITIONAL INFORMATION**
www.jewett-facialplastics.com