



Lubbock
SINUS DOCTOR

Postoperative Instructions for a Tonsillectomy/Adenoidectomy

1. Expect a sore throat for 2 weeks. It may be severe. Ear pain is common. It is referred pain from the throat and may be worse than the throat pain. Pain may be more severe at night.
2. Use the prescribed pain medications. Adults and teens are usually able to swallow pills. Pills may be crushed if necessary. Liquid medication is available for children. Pain medications may have side effects such as nausea, itching, constipation, and altered mental status. Advil or Motrin is recommended. These forms of over the counter ibuprofen will decrease pain and may decrease the use of the prescription narcotic pain medication. Adults and teens should take 2 to 4 Advil tablets every 8 hours. Liquid Advil or Motrin may be used for children. Children 8-12 years of age may take 3 to 4 teaspoons every 8 hours. Children 4-8 may take 2 teaspoons every 8 hours. Children under 4 may take 1 teaspoon every 8 hours. 1 teaspoon equals 5 ml or 5 cc. The narcotic prescription pain medication contains Tylenol. **PLEASE DO NOT TAKE ANY ADDITIONAL TYLENOL.** Advil and Motrin are not Tylenol products. Please call during office hours for pain medicine changes or refills. Some narcotic pain medications may not be called or faxed to the pharmacy. Someone will need to pick up the prescription at the office. There has been recent recommendations to avoid narcotic pain medications in younger children. Every attempt should be made to use only ibuprofen or Tylenol to control pain in these young patients. If necessary, use small doses of the prescription narcotic pain medication.
3. Any activity is okay. The patient will determine what level of activity is tolerated. Children may return to school when it seems appropriate. Fevers up to 10 days after surgery are common.
4. Patients prefer soft foods after a tonsillectomy. Yogurt, applesauce, pudding, milkshakes, popsicles, flat 7-up, non-citric juices, soft scrambled eggs, soft pasta, and high calorie drinks (Boost, Ensure), are some suggestions. If tolerated, patients may have a regular diet. Expect some weight loss after surgery.
5. Keep up liquid intake. Do not get dehydrated or the pain will worsen. I recommend constantly sipping on whatever liquids are the most comfortable. Milk products are okay. Straws are okay.
6. Nausea and vomiting after surgery may be a problem. Pills will be prescribed for nausea. Repeated vomiting will require the use of anti-nausea suppository medication. If you become dehydrated, IV fluids will be necessary.
7. White material will develop where the tonsils were removed. This is a normal healing process. It will take 3 weeks to resolve. The uvula (dangling tissue in the back of the mouth) will become swollen after surgery. It will resolve in 1-2 weeks.
8. Bleeding after surgery is a risk. If it occurs, it happens within 10 days after surgery. It may be significant and will make you panic. Just relax. By sucking on ice chips or gargling ice water, it may stop within 10-15 minutes. Please call if it does not stop. Occasionally, patients require treatment in the operating room to stop the bleeding. You also have the option to immediately go to the hospital emergency room if bleeding occurs.
9. The voice may sound different after surgery. Since tissue was removed, it may change the resonance or pitch of the voice. This may be temporary or permanent. It is usually an improvement.
10. The tongue may be numb and taste sensation may be altered. These symptoms usually resolve in 2-6 weeks. The surface of the tongue may develop a white or grey film. It will resolve as fluid and food intake increases. Jaw pain for several days is possible.

I, _____, confirm that I have read and understand the information provided before the date of surgery.

Signature

Date