

Tonsillectomy & Adenoidectomy

Post-Operative Instructions

Preparing for Surgery:

- Do not eat or drink anything after midnight or 8 hours before scheduled procedure (including water, gum, hard candy, and lozenges). Limit alcohol intake and refrain from using tobacco products 24 hours prior to surgery.
- Bathe or shower the morning of surgery to minimize the chance of infection. Teeth may be brushed, but do not swallow any water.
- Notify your surgeon if you develop a sore throat or fever.
- Prepare your bedside at home with items you will want to have within reach (telephone, medications, water, etc.).
- Wear comfortable clothing and remove all jewelry.
- Arrange for transportation to and from the hospital, as you will be unable to drive.
- No Aspirin or Aspirin-like products (e.g. Ibuprofen) two weeks prior to surgery.

What to bring to the hospital:

- Insurance cards and forms
- List of medications you take regularly



- You will have throat pain for around two weeks following surgery. Use of the liquid pain medication every 3-4 hours for the first few days is recommended; after that, the medication should be used less often. You may consider taking the pain medication only 30-60 minutes prior to meals to ease pain associated with eating.
- It is alright to substitute Tylenol if the pain medication is too strong or causes nausea. Consider alternating ibuprofen/Motrin/Advil or naproxen/Aleve with the prescription pain medication (i.e. take the anti-inflammatory every six hours, alternating with the prescription pain medication every 6 hours, so that one medicine or the other is taken every three hours). The prescription pain medication taken along with a medication that has anti-inflammatory properties has been proven to be very beneficial for pain relief while recovering from surgery.
- A liquid-only diet is recommended immediately after surgery: water, non-acidic juices, milk and milkshakes, ice cream, Jell-O, pudding, and soup are good examples. You may introduce soft foods as soon as tolerated: scrambled eggs, mashed potatoes, oatmeal, soft-cooked rice or noodles, etc; then further advance to a full regular diet soon after, also as tolerated.
- A small amount of blood-tinged mucus may be expected from the nose after adenoidectomy; blood-tinged saliva may be seen for 2-3 days after tonsillectomy. Any bloody drainage after that period of time or heavier than "streaks of blood" in the mucus should be reported.
- No heavy lifting, no vigorous exercise for one week following tonsillectomy and/or adenoidectomy.
- Some noisy breathing, even mild snoring, may be experienced immediately after surgery as the soft palate may be a little swollen. This swelling and noisy breathing should resolve within a few days.
- You may take all of your routine medications as prescribed, unless told otherwise by Dr. Beasley or his PAs.
- Antibiotics are used in the initial post-op period to prevent infection while the tissues are healing. Ensure you finish all of them, unless you notice an adverse reaction. Call our office if this occurs. In an effort to avoid common reactions, we recommend taking pro-biotics or yogurt with each dose of the antibiotic.
- It is important to stay well hydrated after surgery. Constipation is a common side effect of prescription pain medications. Take a mild laxative, such as Miralax mixed in 8 ounces of liquid. Avoid straining with bowel movements.
- You may brush your teeth, but gargling is not recommended for about a week after surgery.
- If you have bleeding, fever greater than 101.5 degrees, increasing throat pain more than a week after surgery, or any other concerns or questions: call our office for further instructions.
- You may try over-the-counter dextromethorphan if experiencing coughing fits. This will help to suppress the urge to cough.



**Saint Alphonus
Medical Group**

EAR, NOSE & THROAT

If you have any questions or concerns, call your physicians office:
Boise or Nampa (208) 302-1000 | Ontario (541) 881-2350