

# TONSILLECTOMY & ADENOIDECTOMY



## 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.

## Post-Operative Instructions

The post-operative experience will vary for each patient. The information below includes general guidelines to help you with a smoother recovery. Your follow up appointment in the office will be about four weeks following your procedure. If you do not have the appointment made, please contact our office at 208-229-2368 to schedule when you arrive home from the surgery center.

### PAIN:

- You or your child will have severe throat pain for about two weeks following surgery.
- It is common to experience ear pain, referred from the throat, during the recovery period

Some noisy breathing, even mild snoring, may be experienced immediately after surgery as the soft palate and uvula may be swollen. This swelling and noisy breathing should resolve within a few days.

### MEDICATION:

You may take all of your routine medications as prescribed, unless told otherwise by Dr. Beasley or his PAs.

- It is OK to substitute Tylenol if the prescription pain medication is too strong or causes nausea.
- If your child is under 5 years of age, you will not receive prescription pain medication.
- We recommend alternating an anti-inflammatory/pain medication such as Ibuprofen, Motrin, Advil or naproxen/Aleve with the prescription pain medication or acetaminophen/Tylenol if your child is under 5 (i.e. take the anti-inflammatory every 6 hours, alternating with the prescription

pain medication or acetaminophen/Tylenol every 6 hours, so that one medicine or the other is taken every 3 hours). Alternating the 2 medications has been proven to be very beneficial for pain relief while recovering from surgery.

### ANTIBIOTICS:

Antibiotics are used in the initial post-op period to prevent infection while the tissues are healing.

- Ensure you finish all of the antibiotic prescription, unless you notice an adverse reaction. Call the office if this occurs.
- In an effort to avoid common reactions, we recommend taking probiotics or yogurt with each dose of the antibiotic.

### LAXATIVES:

Constipation is a common side effect of prescription pain medications:

- It is important to stay well hydrated after surgery.
- Take a mild laxative, such as Miralax, mixed in 8 ounces of liquid. We recommend doing this every day that you are taking the prescription pain medicine.
- Avoid straining with bowel movements.

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## Post-Operative Instructions

### NAUSEA/VOMITING:

- You have been prescribed a medicine to help combat any nausea or vomiting.

### ACTIVITY:

- No heavy lifting or vigorous exercise for 1 week following surgery.
- After 1 week, you may start easing back into normal daily activities.

### DIET:

A liquid-only diet is recommended immediately after surgery: Good examples include:

- Water
- Non-acidic juices
- Milk and milkshakes
- Ice cream
- Jell-O
- Pudding
- Soup

You may introduce soft foods as soon as tolerated: Examples include:

- Scrambled eggs
- Mashed potatoes
- Oatmeal
- Soft-cooked rice
- Noodles

Advance to a full regular diet as soon as tolerated.

### WOUND CARE:

- A small amount of blood-tinged mucus may be expected from the nose after an adenoidectomy (removal of the adenoids).
- Blood-tinged saliva may be seen for 2-3 days after a tonsillectomy.
- Any bloody drainage after that period of time or heavier than “streaks of blood” in the mucus should be reported by calling our office.
- A white patch normally forms in the back of the throat, where the tonsils used to be.

### PERSONAL HYGIENE:

- You may brush your teeth.
- Gargling is not recommended for about a week after surgery.

### CONTACT YOUR SURGEON RIGHT AWAY IF:

- Bleeding heavier than “streaks of blood” in the mucus.
- Internal body temperature above 101.4 ° F for greater than 24 hours.
- Worsening throat pain more than a week after surgery.

### CALL 911, OR REPORT TO THE NEAREST EMERGENCY DEPARTMENT FOR SEVERE BLEEDING OR DIFFICULTY BREATHING

Please call the office for any other postoperative concerns, questions or further instructions.