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TONSILLECTOMY WITH/WITHOUT ADENOIDECTOMY
POSTOPERATIVE INSTRUCTIONS

ACTIVITY: Most patients return to work or school in 7-10 days. If you are not taking narcotic pain medication, you may return sooner. Limit strenuous physical activity like running and heavy lifting. These activities increase pressure in the blood vessels at the surgery site and could cause bleeding.

DIET: Drinking fluids is very important, especially the first days after surgery when the saliva is thick and the throat uncomfortable. Drinking frequent small sips promotes healing, lubricates the throat, and thins the saliva. Ice cold drinks also tend to numb the throat and improve comfort. To add calories to your diet consider popsicles, slushies, Italian ice, Gatorade, apple juice, fruit sorbet, soda, Jell-O, applesauce, and soups. Avoid orange, cranberry, grapefruit, and pineapple juices as they may irritate the throat. You may use a straw with thin liquids, but avoid using one for thicker liquids. Also avoid foods that are hot or that require a lot of chewing, as they may irritate the surgical site when swallowed. Milk products may increase mucus production and should be used sparingly in the immediate post-operative period. Finally, hard and crunchy foods, such as chips, bacon, nuts, etc. are thought to contribute to bleeding and should be avoided.

<u>Immediately</u>	<u>Avoid</u>	<u>Anytime as tolerated</u>
Popsicles	Juices	Macaroni & cheese
Slushes	-orange	Mashed potatoes
Italian ice	-cranberry	Scrambled eggs
Gatorade	-pineapple	Soups
Apple juice	-grapefruit	Yogurt
Fruit sorbet	Hard Crunchy Foods	Pudding
Jell-O (Avoid red color)		Boost
Soups		Custard
Smoothies		Ensure
Ice cream		Soft Solid foods

IMPORTANT: Dark urine, decreased urine volume, and decreased frequency of urination are all signs of dehydration. If you are unable to increase fluid intake, you need to call the doctor at 630-981-0032.

PAIN AND MEDICATION USE: Anticipate a sore throat lasting 5-14 days. Ear pain is also frequently experienced, typically on days 3-5. This is usually referred pain from the throat. It may help to eat a little soft food before taking the medicine to prevent an upset stomach. The pain should improve 30 minutes after using the medicine, which is a great time to encourage fluids. If the taste of the medication is a problem, try the following:

- Keep the medication chilled in the refrigerator.

- Hold cold water or an ice cube in the mouth for a minute to numb the taste buds. Spit out the ice cube and take the medication followed by additional sips of cold water.

Drinking soda at room temperature may help to alleviate any nausea that may be experienced. If this is severe, please call the doctor at 630-981-0032

IMPORTANT:

- You may alternate non-steroidal anti-inflammatory medications (like Advil, Aleve, Motrin, Naproxen, or Ibuprofen), with Tylenol for pain relief, taking one or the other every 3 hours. We recommend SCHEDULED dosing of this medication for the first few days to stay “ahead of the pain.”
- In some cases, a prescription narcotic pain medication may be given. Please be aware that these medications often have acetaminophen which is Tylenol; do not combine these medications with additional plain acetaminophen (Tylenol) as this may lead to overdose.
- Some side effects of narcotic pain medication include stomach ache, nausea, or constipation. If these occur, try diluting the medication in a liquid like apple juice, or reducing the dose. Colace is an over the counter stool softener which adults can use. Children’s constipation should be addressed to their pediatrician or family care physician if it does not respond to the initial treatments.

BLEEDING: Bleeding occurs less than 5% of the time. It is relatively uncommon to have any appreciable amount of bleeding after returning home, but when it does, the most common time is about one week after surgery when the scabs fall off. Usually this amounts to spitting or coughing out several blood clots or a teaspoonful of bright red blood over a period of 20-30 minutes. Bleeding may occur from the nose as well as the mouth. If bleeding is profuse or lasts more than 30 minutes please call our office immediately for instructions. Do not hesitate to call 630-981-0032 if you have any concerns regarding bleeding.

CARE OF THE SURGERY SITE: Keep fingers out of the mouth. Gentle rinsing of the mouth with water may be comforting, but do not gargle. It is not unusual to see blood-tinged saliva for several days following surgery. You may notice black or white areas in the back of the throat where the tonsils once were. These scabs will release as the throat heals. They should not be disturbed. Avoid vigorous coughing or nose blowing. A room humidifier may help to keep the mucous membranes moist and relieve pain.

MISCELLANEOUS: After adenoidectomy, it is not uncommon to have some temporary nasal congestion and crusting. Nasal saline may be helpful for this. Tongue numbness or alteration in taste may also occur and will usually resolve in time. The voice may sound altered following the surgery. This will resolve usually in days, but occasionally it takes weeks to months.

FOLLOW-UP VISIT: You need to have a follow-up appointment 2 weeks after surgery.

WHEN TO CALL THE DOCTOR:

- Fever over 101.5 F
- Severe pain not relieved by pain medications
- Bright red bleeding from the mouth or nose. If significant bleeding, call the doctor AND go directly to the Emergency Room.
- No urine output or unable to drink liquids

***To speak with our office, please call (630) 981-0032 between 8am-4pm (Mon-Fri)**

***For prescription refills please call during office hours with your pharmacy number available**

***For after hours Emergencies, a doctor on call may be reached at (630) 981-0032, or go to your nearest Emergency Room**