



GILLUM FACIAL PLASTIC SURGERY
13431 Old Meridian Street, Suite
110

Carmel, IN 46032

www.gillumfps.com
Phone: 317-571-0756

Fax: 317-571-0820

Post-Op Care for Tonsillectomy and Adenoidectomy

General Information:

After a tonsillectomy and adenoidectomy you or your child's throat will be sore for at least 5 days and perhaps as long as two weeks after surgery. For the first few days after surgery the patient must take it easy and rest frequently. Strenuous activity should be avoided. You may be able to return to limited activity within 1 week, with return to normal activity and diet in 2 weeks.

Activity:

Only mild activity is allowed for 2 weeks after surgery. Strict bed rest is not necessary, but no strenuous activity allowed for 10 to 14 days after surgery. Do not drive, operate dangerous machinery or power tools, drink alcoholic beverages, make important personal or business decisions, or sign any legal documents for 24 hours after surgery. Children may not participate in gym sports or physical education for 2 weeks after surgery. Heavy exercise, lifting, bending, swimming, bike riding, etc, should be avoided for 2 weeks. Avoid crowds as well.

Diet:

It is very important to drink plenty of fluids in spite of possible discomfort. Begin with room temperature drinks such as apple juice, water, tea, Coca-Cola, Pepsi, etc. Avoid citrus juice such as orange juice as they may cause throat pain. Only soft foods are allowed for 2 weeks after surgery. Suggested foods include; soft noodles, warm soup, eggs, grits, mashed potatoes, pudding, Jell-O, ice cream, etc. **DO NOT EAT:** hard or sharp foods such as, potato chips and pretzels. Also avoid hot, highly seasoned spicy or coarse foods. **REMEMBER:** fluids are the key to a fast recovery.

Pain:

Pain is to be expected after this procedure. The pain is frequently worse in the morning and may last 7 to 14 days after surgery. You or your child may also have ear pain after this type of surgery. A prescription will be provided by your doctor for pain medication, this should be taken after surgery. Aspirin and medication that contain aspirin (Aspergum, BC Powder, Goody's Powder, Excedrin, Ibuprophen, Motrin, Aleve, Advil, etc.) should not be used because they may cause post-operative bleeding problems.

Bleeding:

If you notice streaks of blood in your saliva or from your nose after you have gone home, you should lie down with your head elevated (head above heart). Place an ice collar under the chin, be quiet and calm, and suck on ice chips. Most bleeding will stop on its own. If the bleeding does not stop within one hour or become severe, call this number: **1-765-651-4278 during business hours -or- 1-765-499-4791 late nights/weekends.**

Fever:

A low grade fever (under 102*) is common during the first week following surgery. Often poor fluid intake can contribute to the fever. Taking the prescribed pain medicine and increasing fluid intake should treat a fever. Should the temperature go above 102*, you should call the above number.

Healing:

It is common for there to be a white membrane in the area of the throat where the surgery was performed. This is a protective coating and should not be removed. Avoid gargling for the first week after surgery. Mouth odor should be expected and often can be quite offensive. The odor may last several days and can be helped by drinking plenty of fluids and eating the proper foods. Take care while brushing your teeth so the healing area in the back of the throat does not get injured.

Medications:

You are advised to take the following medication as directed by your doctor:

Pain medication: take as directed by your doctor, only as needed to control post-operative discomfort.

Antibiotic: antibiotics are frequently prescribed in liquid form. Take the medication as directed until gone. Begin the day after surgery.

When to Call Doctor:

Bleeding from the throat or nose that does not stop with the above conservative measures.

Fever over 102*.

Unable to drink liquids after 24 hours.

Vomiting lasting more than 6 hours.