

Ear, Nose, and Throat Consultants, Inc.

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Post-Op Instructions for Pediatric Tonsillectomy / Adenoidectomy

1. **ACTIVITY:**
 - Encourage rest. Up and around is OK, but avoid vigorous activity for 2 weeks
 - Adult supervision of activity is advised.
 - Return to school as advised by physician.
 - Care should be taken when brushing the teeth of young children
2. **DIET:**
 - Plenty of fluids, preferably fruit juices, no diet drinks.
 - Avoid caffeinated beverages as those can promote dehydration
 - Soft foods may be taken as soon as tolerated. Avoid spicy and hard, sharp or dry foods such as pretzels. You may return to your usual diet in 2 weeks. Milk products are fine but may thicken phlegm.
3. **PAIN:**
 - Use doses of liquid acetaminophen (Tylenol) as labeled or as directed by your doctor. Other pain medicine may be prescribed. Regular use of acetaminophen is encouraged to control pain.
 - Avoid Aspirin or Ibuprofen (Advil, Motrin, etc.) for at least two weeks after surgery.
 - Ear pain lasting up to a week, in addition to throat pain, is common and should not cause any worry. Chewing gum may help ear pain.
 - Your doctor may prescribe narcotic pain medicine, such as Tylenol with codeine or liquid Percocet. To prevent nausea and vomiting, be sure not to give these pain medicines on an empty stomach. Repeated use of these pain medicines may cause constipation. A laxative will prevent this. Consider using ½ a dose of Tylenol and 1/2 a dose of the prescribed pain medication as this can help control pain while minimizing narcotic side effect.
4. **SWELLING**
 - Swelling is expected after surgery and takes several weeks to go away. Swelling is reduced by keeping the head and shoulders elevated for 48 hours after surgery. Avoid straining.
5. **OTHER**
 - Call your surgeon if there is temperature over 101°F or a bad cough develops.
 - Expect to see white patches in the back of the throat; that is normal for about 10 days. A change in voice or nasal voice may occur
 - Call your surgeon's office for a 10-14 day postoperative appointment and any time you are concerned or have a question.
 - There may be an odor in the breath for 7 to 10 days. Blood, healing tissue and bacteria produce this.
 - Please notify your surgeon if there is any bleeding. Scant bleeding from nose or in saliva is normal. Notify your surgeon if there is more significant bleeding or if you are not sure. In the event of a lot of blood, you should go directly to the emergency room
 - Reflux of liquid into nose may occur. This usually resolves after a few days.
 - Your doctor may prescribe antibiotics (The full course should be completed). Call if problems such as rash or diarrhea occur.