TONSILLECTOMY and ADENOIDECTOMY (Post-operative instructions)

Please read the following instructions carefully and contact your doctor’s clinic if you have any questions and concerns, either before or after your surgery.

POST-OPERATIVE CARE:

- The first meal after surgery is usually ice cream. Cold temperature helps prevent bleeding.
- Drink lots of fluid such as water, apple juice, powdered juice mixes etc in the first few days. Dehydration increases the chances of complications like infection and bleeding. Supplement the fluid intake with ice cream, jelly, custard, milk shakes, Popsicles, etc. Avoid acidic juices like orange and lime juice.
- Avoid hot spicy food and crunchy food for 2 weeks. (Examples: potato chips, hard edges of bread slices, bones in non-vegetarian diet, chips, nuts, popcorn etc.)
- Chewing flavored gum forms saliva and increases the rate of gentle swallowing, which decreases the pain.
- Increase the consistencies of foods over the first week as tolerated (i.e. soups to mash potatoes and soft vegetables). Normal diet can be started after 10 days of surgery.
- Rest for at least a week is recommended. Minimal activity is advisable the first day at home, but strict bed rest is not necessary. Activity should be increased each day afterward. Sick leave certificate is available at your doctor’s clinic.
- Use the pain medicine regularly for discomfort. You should take pain medication every 4-6 hours as needed for pain. Please eat something and drink plenty of fluids prior to taking pain medication, this will help the pain medication not upset your stomach.
- DO NOT take Aspirin for at least 2 weeks after the surgery.

WHAT TO EXPECT IN THE POST-OPERATIVE PERIOD?

- In spite of all the technological advances like laser, coblation and others, Tonsillectomy is painful. We wish there were no discomfort after a tonsillectomy, but there is always some and frequently considerable. We will do our best to keep you comfortable in the post operative period.
- You may feel drowsy and nauseated due to the anaesthesia medication. Vomiting may also occur.
- You may awaken from a sound sleep with throat pain referred into the ear as an “earache.” (Referred Otalgia)
- You may experience bad breath, which is normal. Drink lot of water to prevent it.
- A low grade fever (between 100.5F and 101.5F) is normal after surgery.
- As the healing progresses, white patches will appear over the operated areas of the Tonsil which is normal.
- A mild weight loss is expected after the surgery.
- Make sure to confirm your post operative follow up visit to your doctor’s clinic.
CONTACT YOUR DOCTOR’S CLINIC IF

1. There is bleeding from the mouth which is continuous and significant in volume.

2. You have fever greater than 101.5F.

3. You have a low grade fever which continues beyond 2 days.

4. You have severe pain which is not relieved by your prescribed pain killer.

5. You have any questions or concerns regarding your surgery.

POST OPERATIVE TONSILLECTOMY DIET

First day-
Avoid hot, spicy, crispy and deep fried food items.
Encourage intake by frequently offering milk, ice cream, water, fruit juices, jelly etc.

Second day-
Drink several glasses of water (lukewarm water is less irritating than cold)
Add soft foods as desired (jelly, chocolate pudding, mashed potato, pureed vegetables, cottage cheese, soft overcooked rice, dal without spices, very soft chapattis etc.)

Third to fifth day-
Gradually resume normal diet but avoid hot foods, spicy or highly seasoned foods, potato chips, hard edges of bread slices, bones in non-vegetarian diet, chips, nuts, popcorn, dry toast, and crackers until 1 to 2 weeks after surgery.