

## Tonsillectomy and Adenoidectomy (T&A)

### Post-op Instructions

#### Diet

##### First day

Avoid hot and highly seasoned foods

Encourage intake by frequently offering milk, ice cream, water, fruit juices, jello, broth, etc.

##### Second day

Drink several glasses of water. Add soft foods as desired (jello, chocolate pudding, mashed potato, pureed vegetables, cottage cheese, etc)

##### Third to tenth day

Soften any food you like with a blender + lots of water to make it liquid-like.

#### Medications

An antibiotic is usually prescribed for seven to ten days following the surgery. The patient also receives a prescription for pain killers in the form of codeine or hydrocodone. These products cause somnolence, drowsiness and constipation. Occasionally, if the patient vomits, phenegan suppositories may be necessary.

#### General instructions

\*Children should be kept **indoors** and relatively quiet for the first 3 days

\*Frequent **coughing** and clearing the throat should be avoided

\*Objectionable **mouth odor** is commonly observed and is relieved by abundant fluid intake

\*A **white or gray membrane** on the sides of the throat is normal and should disappear in 1 to 2 weeks

\***Earache** is expected. It is not an ear infection, it is referred from the throat.

\*Occasionally, a transient **neck stiffness** may occur in children following adenoidectomy.

\*Patient may **return to school or work** 1 week after discharge. Please note that **painkillers cause drowsiness**. Patients who take painkillers should not operate machinery, drive or make important decisions.

\***Do not use aspirin or ibuprofen** for 2 weeks; it increases the possibility of bleeding

\***Avoid** drinking orange juice, grapefruit juice, and tomato juice for 1 week after the operation, they make the throat burn

\***Avoid** exercise or lifting so that not to elevate your blood pressure which may cause bleeding.

### **Fever**

Most children experience a low grade temperature. This is caused by dehydration. Encourage fluid intake and if needed, use Tylenol (NOT ASPIRIN or ADVIL or MOTRIN). If the temperature remains above 102.2 (39.0 Celsius) and does not respond to Tylenol, or if the child refuses to drink, then IV fluids are required. Please call our office or the closest emergency room.

### **Bleeding**

The danger of serious bleeding is over after you leave the hospital. In about 2% of patients there is some bleeding after 6 or 8 days. If this happens to you, do not become excited, for this bleeding is usually slight and stops spontaneously. Remain quiet, lie down, and spit the blood out gently. Gargle the throat gently with ice water + hydrogen peroxide (50:50) and stay quiet. If the bleeding does not stop promptly, call your doctor. If the doctor is not available and bleeding continues, go to the nearest emergency room.

### **Follow-up**

Please return to follow up to be seen in the office as per the appointment that was given to you

**PHONE: 410- 554 4455 at our Union Memorial Hospital office, 433-444 4848 at our Good Samaritan Hospital office, 410-554 NOSE (6673) at our Lutherville Office**

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