



Tonsillectomy (Removal of the tonsils)

The tonsils are found in the back of the throat on each side of the mouth cavity behind the tongue.

Their overall function is to help clear infection and develop an immune response. Other tissue takes over their function when tonsils and or adenoids are removed. They are frequently removed because of obstructive breathing or repeated bouts of tonsillitis. (infected tonsils)

Adenoidectomy (Removal of the adenoids)

The adenoids are tissue similar to the tonsils. They are located behind the nose and hidden from view by the palate (roof of the mouth) frequent nasal infections, nasal airway obstruction of the Eustachian tube (a passage that connects the middle ear to the back of the throat) are some reasons for adenoidectomy.

Medication

- A moderate amount of throat discomfort is to be expected after a tonsillectomy or adenoidectomy. Pain from tonsillectomy may last a week or so while pain following an adenoidectomy only usually last a few days.
- You may be given a prescription for antibiotics and narcotic pain medication following your procedure. Please take the medication as prescribed by your physician. The more comfortable you or your child is, the more likely you will eat and drink and aid in the recovery process.
- Many times ear pain will be present following surgery. This is likely pain referred to the ear from the throat muscles and tonsil area.
- Taking the medicine one-half hour before eating may help you to be more comfortable while swallowing. The more you swallow the sooner throat discomfort will disappear.
- Unless advised by your physician DO NOT USE ASPIRIN for two weeks following surgery as this may increase bleeding.

Diet

- Drinking fluids and nutrition are very important to insure healing. You must drink to avoid dehydration.
- Avoid sour liquids such as soda, fresh tomato, and orange or grapefruit juice. Apple or other fruit juices, popsicles, ice cream and yogurt are suggested. Soft foods like Jell-O and mashed foods are helpful to maintain adequate nutrition. Milk products, pasta, soups, chicken and macaroni and cheese are acceptable even the day of surgery.

- Avoid hot, spicy, rough or scratchy foods such as toast, potato chips, pretzels, crisp bacon or foods of similar consistency. They may irritate the healing throat and cause bleeding. Bread, hamburgers and hot dogs are difficult to chew and swallow.
- Continue the suggested soft diet for 10 days after surgery.
- Patients who have adenoidectomy without a tonsillectomy may resume a regular diet as tolerated after surgery.
- Rinse the mouth with plain water after each meal to keep the back of the throat clear of debris and food particles.

Rest / Activity

- Snoring may worsen for a few days after the surgery. This is most likely related to swelling from the surgery. A few days after surgery you may experience throat pain after waking up. This is most likely related to a dry throat from sleeping with the mouth open.
- Allow limited physical activity the first 2-3 days at home. No organized sports or heavy physical exertion for 2 weeks after the procedure. Ask your physician for specifics about these activities.
- No gym class for 14 full days after surgery. Contact our office if your child needs a gym excuse note.
- Bed rest and quiet activity is recommended during the first week after surgery.
- NO OUT OF TOWN TRAVEL / VACATIONS FOR AT LEAST 14 FULL DAYS AFTER SURGERY.

The Operative Site

- If you look into the throat following a tonsillectomy you will see yellow, white or gray patches where the tonsils were. This is not a sign of infection. This is a temporary and expected part of the normal wound healing process. This scab or “eschar” will come off after approximately 7-14 days. Some slight bleeding can be expected.
- We encourage you to keep your throat wet. Drink fluids frequently to help the healing process.
- A foul odor is common from the mouth / nose until the scabs peel off.
- Teeth brushing is allowed and recommended.

Warning Signs

- Fever over 102 F
- Severe pain, unrelieved by prescribed medication
- Nausea and vomiting which is persistent and or contains dark blood.
- Bright red bleeding of a teaspoon or more bleeding that last for a few minutes.
- (blood tinged mucous is usually of no consequence) If you or your child should have bleeding we recommend sitting up in a chair and spitting blood gently. For adults and younger children, gargle ice water. If bleeding persists administer the AFRIN nasal spray, if bleeding continues please report to the nearest emergency room.
- Signs of dehydration: dry mucous membranes, little or no urination, lack of tears, weakness or excessive sleepiness.

- **If you or your child displays one or more of these warning signs, call our office immediately at the following number: 910-323-9222**
- **Purchase AFRIN NASAL SPRAY prior to tonsillectomy and adenoidectomy surgery.**

Tips: Food to eat after Tonsillectomy

Soft Foods

Jell-O

Pudding

Soft eggs

Apple sauce

Mashed Potato

Yogurt

Ice Cream

Milk Shakes

Soft Mac and Cheese

Cream of wheat

Oatmeal

Popsicles

Custards

Foods to Avoid

Sharp or Hard foods

Chips

Raw vegetables

Crackers

Pretzels

Popcorn

Drinks

Apple Juice

Water (flavored no carbonation)

Punch

Broth

Soda (flat)

Gatorade

Sports Drinks

(No Red or Orange)

Drinks to Avoid

May burn throat

Orange juice

Grapefruit juice

Tomato juice

Pineapple juice