



Specializing in disorders of the Ear Nose & Throat

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## POSTOPERATIVE TONSILLECTOMY-ADENOIDECTOMY INSTRUCTIONS

### **PAIN**

The average patient will experience pain and require the pain medication for 7 to 10 days after surgery. Initially, it is best to give it routinely every 4 hours to keep the pain from getting out of control and to keep the patient comfortable enough to take in good nourishment. Prior to giving the patient the next dose of medication make sure that the patient is awake and alert by having the patient take a sip of water prior to taking the medication. Pain medication can be refilled during the two week post-operative period. Please try to call on Thursday for weekends and allow 24 hours for refills. Please avoid the use of Aspirin or Ibuprofen products since they may contribute to bleeding. Gargling with mouthwash, coughing or excessive clearing of the throat should be avoided. If it helps, you may use an ice collar or cold compress on your throat. If the pain medication is not relieving any or the pain, you develop a rash or experience difficulty in breathing, please call the office immediately.

### **Nausea and Vomiting**

Nausea and vomiting 24 hours after surgery is very common and is related to the anesthesia, even though it may not occur until postoperative medicines are taken. In the event the patient has frequent (4 times or more) nausea and vomiting, stop all liquids and medicines for 1-2 hours. Gradually rotate with a few ice chips dissolved slowly in the mouth. If these stay down for ½ hour, try ½ dose of pain medication. If this stays down for ½ hour along with ice chips, then give the other ½ dose or pain medication. Continue with ice chips for the next 4 hours and then give the full dose or pain medicine when due if no nausea or vomiting has occurred. Try a dose of antibiotics at bedtime if nausea and vomiting seems to be under control.

### **Fever**

The patient will run a low-grade fever for several days after surgery or until fluid intake is adequate. Please notify my office if patient has a fever of 102 degrees orally or 101 degrees rectally. At this point, fluid intake needs to be started. Give ice chips every 10-15 minutes and give plain liquid Tylenol for fever as directed by your physician. Do not stop pain medicine. Check patient's temperature in 1-2 hours and call my office.

### **Bleeding**

Normal healing usually involves some white patches over the area where the tonsils and adenoids were removed. They simply represent the appearance of scabs which are constantly bathed in saliva. Usually after the first week these white patches will come off and a very few patients will notice some bleeding. In the vast majority of cases there will be an insignificant amount of bleeding from the nose or throat or a period of one to five minutes. If this bright, red bleeding is severe or lasts for more than five minutes please notify my office. If the bleeding is very severe and the situation appears to be an emergency, please bring the patient to the hospital emergency room or call 911.

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