

Tonsillectomy / Adenoidectomy : Home Care

1. Expect minimal pain or bleeding after an **adenoidectomy**, but there may be a sore throat or earache.
2. A sore throat and ear pain are to be expected after a **tonsillectomy**. When you look into the throat following a tonsillectomy, you will see soft white material where the tonsils used to be. This is a soft scab and should be left alone until it dissolves naturally in about 2 weeks.
3. Nausea and occasionally vomiting occurs after surgery due to the general anesthetic or swallowed blood. The regurgitated material may look like coffee grounds.
4. A temperature of 99-101° orally may occur 2-3 days after surgery and does not necessarily mean that there is an infection.
5. Bowel movements may be dark or black for a few days because of blood that has been swallowed.
6. The voice may temporarily sound differently after a tonsillectomy or adenoidectomy due to the loss of tissue and swelling. It should sound better in a number of days or weeks.

General Instructions

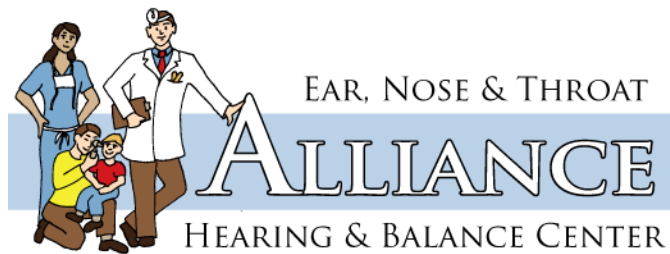
1. Liquid Tylenol (acetaminophen) is an effective pain and fever reliever in young children.

Age	Dosage
4 – 11 months	½ teaspoon
12 – 23 months	¾ teaspoon

Age	Dosage
2 – 3 years	1 teaspoon
4 – 5 years	1 ½ teaspoons

If child is vomiting, substitute a suppository. Tylenol with codeine is somewhat stronger but any narcotic can worsen nausea and lead to constipation. Other stronger pain relievers are available to older patients. Best to take pain medication ½ hour before eating unless this upsets stomach. Some like to use an ice pack to the neck. **Do not take aspirin or ibuprofen-like medications for pain.** They will increase the risk of bleeding.

2. Do not gargle or use mouthwash.
3. If prescribed, use antibiotic medication as directed.
4. Rest for the first days in bed with head elevated to reduce the risk of bleeding.



5. Your child can return to school within the first week, depending on the speed of recovery. It is not recommended to participate in any strenuous activities, such as running, swimming, or ball-playing, for 2 weeks. Adults may want to stay out of work for 1-2 weeks.

Diet

Do not force solid food for the first day or two. Drinking fluids every few hours is very important. Cold noncarbonated fluids are usually most easily accepted. Introduce a more solid diet as tolerated. Eating solid foods is less important. A bland soft diet is recommended for the first two (2) weeks. **However, any food or drink that you or your child will take is fine.**

Suggested drinks

- Flavored ices (Italian ice, popsicle, sherbet) - best immediately after surgery
- Clear liquids (water + lukewarm or cool tea)
- Juices (apple, apricot, pear, cranberry and other juices as long as not acidic)
- Kool-Aid, Gatorade and other sports drinks
- Warm or cool smooth soups (broth without additives that need chewing)

Suggested foods

- Jell-O
- Apple sauce and pureed fruit drinks
- Puddings or custards
- Mashed potatoes and rice
- Pasta (without tomato sauce)
- Smooth cereals (Cream of wheat), pureed or ground foods, or baby foods
- Soft or poached eggs

Foods that might be less well tolerated

- too hot or cold (ouch!)
- heavily seasoned or spicy: bacon or pizza
- acidic: grapefruit, orange, lemon, lime or tomato juice
- hard and crunchy: pretzels, potato chips, raw vegetables, crackers or popcorn
- raw fruit
- milk products: low-fat is better (although some like to drink frappes or shakes)

Call your Doctor when

1. fever over 101°
2. pain not relieved by medication
3. skin rash- stop antibiotic immediately and take Benadryl
4. persistent vomiting
5. poor fluid intake for more than one day
6. bright red bleeding or blood clots.
 - a. remain calm since the bleeding will usually stop on its own
 - b. elevate head, lean forward and gently spit out any blood. Avoid swallowing blood.
 - c. Apply ice to neck or suck on ice cube.
 - d. If bleeding persists, an immediate visit to the emergency room is appropriate.

