

INSTRUCTIONS FOLLOWING TONSILLECTOMY AND ADENOIDECTOMY

DIET

Clear Liquids on the day of the surgery and 1½ days afterwards. Ice pops, soda, tea, broth, jello, kool-aid, Hi C, Gatorade, cranberry and combination juices.

Be sure to **exclude** grapefruit, orange, pineapple, peach and apricot.

A Soft Diet for lunch 1 ½ days after surgery may be given which includes mashed potatoes, cooked cereal, soft cooked or scrambled eggs, ground hamburger or skinless chicken, canned fruit, canned vegetables, pudding, macaroni with sauce/cheese, soup with crackers/croutons – that is soft or mushy foods.

Advance to Full Diet over a five to seven day period. No coarse foods for ten days to two weeks from the time of surgery. This means no toast, pretzels, chips, nachos, popcorn, crusted breads, lettuce, carrot sticks, celery sticks. It is recommended for about 1 ½ to 2 weeks that any hot spicy foods and liquids or hot beverages be avoided. No pizza crust.

ACTIVITY LEVEL

No exertion of any kind for 10-14 days, quiet activities only. There should be no bending, lifting, pushing, running or any organized sporting activities. Naps during the day should be limited to 2 for about 1 ½ hours each, to avoid being up all night.

BLEEDING

Notify our office immediately. If this occurs at anytime of the day or night. If bleeding is of a more severe nature, a trip to the Emergency Room would be in order but call first. **714-3434**

EXPECTED CONDITIONS

Mild Fever: a temperature up to **101** degrees on the first or second post op days is normal.

Ear Pain: pain in the ears on post op day 4, 5, 6 is typical referred pain from the tonsil bed.

It should be treated with plain Tylenol or Tylenol with Codeine.

Chewing gum often helps break up the spasm and the pain.

Dry Lips: apply Vaseline or **Lip Balm** to the lips 3 times daily for a few days after surgery.

Lips chap during the procedure and from poor hydration afterwards.

Pain: In **Children** we use **Tylenol with Codeine elixir** and **plain liquid Pediatric Tylenol**

In **Adults** we use the same but with the addition of **Tylenol with Codeine tabs** and **Magic**

Mouthwash to numb the throat. **Antibiotics** are prescribed for **both children and adults**

and are intended to improve the rate of healing and reduce the need for pain medications.

Please avoid the use of Motrin, Advil & Aspirin for two weeks – they promote bleeding.

FOLLOW UP

I like to have the patient rechecked in about 1 to 2 weeks please call for follow up. 714-3434