



FARMINGTON
EAR, NOSE & THROAT



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POSTOPERATIVE INSTRUCTIONS FOR TONSILLECTOMY AND/OR ADENOIDECTOMY

What to expect:

- ***Ear pain** – this is not an ear infection; it is referred pain from the tonsillectomy.
- ***Throat pain** – may worsen 7-10 days after the surgery from the scabs trying to coming off and the patient may start feeling VERY bad and this is normal. The uvula in the back of the throat temporarily swells to a very large size.
- ***Large whitish scabs** over the area where the tonsils were removed.
- *Very bad breath
- *A low grade fever is very normal for several days. Could be as high as 102.5
- *Pain medication is given on the date of surgery, this medication contains Tylenol. You can rotate this pain medication with Ibuprofen every 4-6 hours for pain. **Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.**
- *Patient may eat anything that they wish with a few exceptions. It is best to avoid crunchy or sharp foods; they may not be able to eat solids until the healing process is complete.
- ***Drinking is mandatory.** Patient needs to urinate at least twice a day at the bare minimum or they will become dehydrated. If this occurs, please call the office or if after hours, you can reach me through the hospital. 573-756-6451
- *May miss school/work for the next 7-10 days following surgery.
- *May return to full activities 7-10 days following surgery.
- ***Bleeding is NOT normal.** If bleeding occurs, try swishing and spitting ice water for 5-10 minutes. If profuse bleeding would occur, the patient should be placed on their stomach or side so that blood may run out of the mouth. **Call the office immediately or if after hours, you can reach me through the hospital. 573-756-6451**
- *Nasal congestion (due to edema at adenoid site) and increased nasal drainage, is normal and may last up to 7 days after surgery.

The majority of tonsillectomies and/or adenoidectomies proceed very uneventfully and do not have any postoperative problems. **Please call the office in 3 weeks to update us with the patient's progress.** If the patient is still having problems after 3 weeks, you will need to make an appointment. Please call the office if you have any problems or questions.