



# Patient Instructions

## POSTOPERATIVE INSTRUCTIONS FOR PATIENTS UNDERGOING: Tonsillectomy/Adenoidectomy Surgeries

May Eat	Should Not Eat
<ul style="list-style-type: none"> <li>• Water</li> <li>• Juices (not citrus)</li> <li>• Pedialyte</li> <li>• Kool-Aid</li> <li>• Flat Sodas (no bubbles)</li> <li>• Popsicles</li> <li>• Jell-O</li> <li>• Applesauce</li> <li>• Oatmeal and other creamy cereals</li> <li>• Soup (Lukewarm - not hot)</li> <li>• Mashed Potatoes</li> </ul> <p>After 1<sup>st</sup> 24 hrs: Milk products</p> <ul style="list-style-type: none"> <li>• Cottage Cheese</li> <li>• Ice Cream</li> <li>• Milk Shakes</li> <li>• Pudding</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Toast</li> <li>• Crispy Waffles</li> <li>• Fried Foods</li> <li>• Crunchy Cold Cereal</li> <li>• Tough, Dry Meat, Chicken or Fish</li> <li>• Cookies</li> <li>• Crackers</li> <li>• Pretzels</li> <li>• Pizza</li> <li>• Chips</li> <li>• Popcorn</li> <li>• Nuts</li> <li>• Sandwiches</li> <li>• Raw Vegetables</li> <li>• Tomatoes</li> <li>• Most Fresh Fruits</li> <li>• Citrus Juices / Fruits</li> <li>• Soda with bubbles</li> </ul>

- Prior to your surgery it is recommended that you stock your refrigerator full of things you or your child can eat and drink.
- It is very important to drink plenty of fluids, even if you feel like your appetite has decreased or you have pain when swallowing.
- Begin eating soft foods gradually. Avoid harder foods for two weeks after surgery. For children, it is very important to make them drink fluids.
- Appetite will increase after a day or two. Cold or frozen treats are very soothing to the throat and are usually easier to encourage.
- Don't forget that pain medication taken ½ hour prior to eating may help ease discomfort when swallowing.
- Vomiting and fever are normal after any surgery. Excessive vomiting or prolonged high fevers over 102\* should be reported.
- Keep hydrated:

Minimal fluid intake for the first 24 hrs. should be:

- 20-40 lbs.: 35-50 oz.
- 40-60 lbs.: 50-70 oz
- Adults: at least 8 8 oz glasses a day

Signs of dehydration:

- urination less than 2-3 times a day
- crying without tears
- lethargy
- dry mouth.

**Activity:** Bed rest is recommended for several days after surgery. Activity may be increased slowly, with a return to work or school after normal eating and drinking resumes, pain medication ceases, and the patient has normal sleeping through the night. Travel away from home is not recommended for two weeks after surgery.

**Breathing:** The patient may experience abnormal mouth breathing and snoring due to throat swelling but should return to normal 10-14 days after surgery.

**Scabs:** A scab will form where the tonsils and adenoids were removed. These scabs are thick and white and cause bad breath. This is normal! Most scabs fall off in small pieces 5-10 days after surgery and are usually swallowed unnoticed.

**Bleeding:** With exception of small specks of blood from the nose or saliva, bright red blood should not be seen. If such bleeding occurs, contact us immediately or go to the emergency room.

**Pain:** Mild to severe throat pain is normal after tonsillectomy and/or adenoidectomy. Ear, neck or jaw pain is also common. Pain medication will be prescribed. If there is a problem with your medication (it is not working or is causing nausea, vomiting, rash, constipation, or any other symptoms) please call our office.

Please do not hesitate to contact the office for any questions or concerns. Our hours of operation are:

Monday	7:30 am to 4:30 pm
Tuesday through Friday	8:30 am to 4:30 pm
Friday	7:30 am to 2:30 pm

After hours the doctor may be reached by pager (804) 256-0042