

ARKANSAS OTOLARYNGOLOGY CENTER ASC

POSTOPERATIVE INSTRUCTIONS FOR TONSILLECTOMY/ ADENOIDECTOMY INSTRUCTIONS

1. Diet: Liquids to soft to regular as tolerated. Avoid crisp food for two' weeks. **IT IS CRITICAL TO PUSH FLUIDS.**
2. Activity: In home quiet activity first 5-7 days. May resume normal activities in 14 days if doing well.
3. Medication: Pain, nausea and other medications will be prescribed by your physician and take as indicated. Your pain medication has Tylenol (acetaminophen) in it. **Do not** use extra Tylenol unless directed by your doctor. **Do not** use aspirin or ibuprofen products unless approved by your physician.
4. Pain: Throat pain will be experienced as long as 7-10 days but normally is tolerated well when pain medication is taken as directed. Many patients experience ear pain a few days after surgery. This is called referred pain and is coming from the tonsil area. Complaints of ear pain should be treated with the prescribed pain medication. **Make sure** you use an approved measuring device to dose the pain/fever medication.
5. Fever: Low-grade fever is to be expected the first few days. Your pain medication has Tylenol (acetaminophen) in it. **Do not** use extra Tylenol unless directed by your doctor. Giving Tylenol (acetaminophen) as directed should keep the fever below 101'. Fever that does not respond with Tylenol and pushing liquids should be reported to the nurse or doctor on call.
6. Healing: A white membrane develops on each side of the throat as healing progresses. This separates on the 6th to 12th day and at this time the patient may spit up a little bright red blood. This is no cause for alarm. This usually can be controlled by lying down with the head slightly elevated and sucking on ice chips.
7. Bleeding: Some short episodes of bleeding may be expected at any time in the healing process but normally occur in the first 24 hours or between 6-12 days. If bleeding occurs, have patient suck on ice chips, gargle (do not swallow) and spit ice water until bleeding stops. Use an ice collar or cold compresses to the neck area. Keep patient in a calm quiet environment and use pain medication (only if pain med is due from previous dose) if the patient is in pain or anxious. If bleeding persists over 30 minutes or is large in volume, call nurse or doctor on call.
8. General: It is extremely important that patients begin liquid intake in the first 24 hours post-op. Pain med. must be given as directed and try to push liquids 20-30 minutes after pain med. has been taken. Soft to solid food intake may take as long as 7-10 days and this is acceptable as long as the patient has a good liquid intake. Bad breath is a normal part of the healing process.
9. Breathing or respiratory concerns should be reported to your physician immediately

Emergency/Doctor on call-Medical Exchange # 501-663-8400. Office 501-227-5050

Surgery center hours are Monday-Friday from 7:30am to 5:00pm. If you need to see a physician after hours do not return to the surgery center, go to the emergency room.