

## Tonsillectomy and/or Adenoidectomy

BEDREST	Bed rest is essential for (24) hours after surgery. You may be out of bed on the second day if your temperature is less than 101 degrees. You may go out of doors on the third day if the weather is warm. Young children recover very quickly. Older children and adults often require a longer recovery time and may experience more discomfort. Days 4 thru 7 may be the worse time of healing, so make sure you drink plenty of fluids during that time.
AVOIDING ACTIVITY	We excuse one week (7 days) off school or work for recovery time. School play time and physical activity should be avoided for two (2) full weeks after your surgery date. (Running, swimming, jogging, sports, ect.) Do not lift or move heavy objects for two (2) weeks following the surgery.
MOUTH ODOR	An objectionable odor from the mouth may be noticed for several days. The tonsil area (back of throat) will appear white and foamy. Brush teeth and use a mild mouthwash, but do not gargle. Do not use Listerine or Chloraseptic, but a milder mouthwash such as Cepacol (liquid or lozenges). Try to prevent coughing and clearing the throat.
EAR PAIN	Ear pain may occur during the first week after surgery. This is referred pain from the throat. Taking the prescription medication, as directed, plus a heating pad to the side of the neck and ear will give relief.
PRESCRIPTIONS	Give the prescriptions as ordered, which some of the medications may be compounded and can <b>ONLY</b> be filled at Medical City Hospital, <u>Walgreen Building A</u> 972.566.5800 (Monday-Friday 8:30am to 6:00pm) and in Plano, <u>Texas Star Pharmacy</u> 972.519.8475 (Monday-Friday 900am to 630pm & Saturday 9:00am-1:00pm). Occasionally, night dreams will occur and awaken a child. A night-light and reassurance will prove helpful. If you do not have an allergy to Motrin or Lortab, <b>we recommend that you alternate taking Children's Motrin and Lortab every 3 hours around the clock for the first 72 hours.</b> Avoid taking both Tylenol and Lortab. Some patients may also have an additional pain prescription. You may take this medication if the pain is severe enough that you are unable to wait until your next scheduled dose. Avoid aspirin in any form (see your aspirin sheet for details).
DIET AND FOODS TO AVOID	Instructions: A. Day of surgery- encourage you and/or your child to drink plenty of water, apple juice, grape juice, 7-Up, ginger ale, broth or bouillon and eat Jell-O and popsicles freely as tolerated until the morning after surgery. B. Second Day- add soft type foods such as eggs, oatmeal, potatoes (not fried), ice cream, shorbet, smoothies and custards. A multiple vitamin may be started.

C. After the above foods are well tolerated, begin a well-balanced, nutritious diet, which includes meat and fish, eggs butter, mild fruits, vegetables and enriched bread.

D. You should begin eating a regular diet by the fourteenth day. Chewing and swallowing solid foods helps keep the throat muscles loose and allows you to become more comfortable.

E. Do not allow the patient to have the following foods until the 14<sup>th</sup> day.

These foods will irritate the throat: Citrus fruits and some citrus juices, such as lemon, grapefruit, salty and highly seasoned foods, nuts, popcorn, corn chips, and other hard or rough foods.

#### NAUSEA

Occasionally when recovering from anesthesia and surgery, vomiting may occur during the first day or two. This is normal and calmness on your part will help to quiet the patient's fear and discomfort. If vomiting should occur, stop all liquids and food. After an hour or two, give the patient a teaspoon of water, ginger ale, or 7-Up and gradually increase to normal amounts as tolerated. Carbonated drinks should be opened and allowed to sit for a while to become "flat" before drinking. Phenergan gel (compounded), Zofran ODT, or a suppository can be prescribed for nausea and vomiting and may be used if this occurs. The suppository should not be used any more frequently than every 4 hours and no more than 4 in a 24-hour period. If the vomiting persists for 24 hours, notify my office.

#### BRIGHT RED BLEEDING

Phone the doctor if bright red blood (bleeding) occurs or if the temperature rises to 102 degrees or more. A low-grade temperature is normal during the first few days, but an elevated temperature above 102 degrees may mean the child needs more fluids. Possible bleeding will occur in 1-2% of the patients undergoing a tonsillectomy. Some of these patients will have to undergo cauterization of the bleeding site under general anesthesia. This usually will occur between the seventh to tenth postoperative days, as the scabs begin to separate from the back of the wall of the throat. It is very important during this time that the patient is careful in what he eats. Specifically, any time of crispy foods that could scratch or scrape the healing area should be avoided.

#### AVOID TRAVEL

You should remain close to their home during the first two (2) weeks after surgery in order to have access to my office if the need arises. **NO** flight plans for 14 days (2 weeks) after surgery.

#### CALL US

Please call our office at 972.566.8300 for any concerns.

**Dallas ENT Group**  
Timothy H. Trone, M.D.  
Thomas Y. Hung, M.D.  
Andy T. Chung, M.D.