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Aftercare Instructions: Tonsillectomy +/- Adenoidectomy

What you need

- 1. Pain medication:** A prescription will be provided to you after your surgery. This will help to decrease post-operative pain. This should be taken as prescribed to be the most effective and you should not wait until you have pain to take the medication. Do not take aspirin. This can increase your risk of bleeding.
- 2. Adequate hydration:** Due to the location of the pain after surgery, solid foods are often difficult to swallow. It is important to maintain hydration with water and electrolyte drinks such as Gatorade.

Important Information

Bleeding risk:

Some patients (1%) have bleeding after their surgery. This can happen up to 3 weeks afterwards. If you have any bleeding, please proceed to the nearest emergency department. To decrease your risk of bleeding,

- Maintain a soft diet (consistency of scrambled eggs) for the first 3-4 days after surgery
- Avoid crunchy or 'sharp' foods (such as potato chips, dry bread)
- Avoid acidic foods and beverages (such as orange juice)
- Avoid carbonated beverages and alcohol
- Avoid strenuous activity and lifting (no more than 20 pounds)
- Avoid touching the back of your throat
- Avoid blood thinning medications (such as aspirin)
- Remain adequately hydrated with water and/or electrolyte rich liquids (such as Gatorade)

Throat pain:

This occurs for the first 10 days after surgery. It usually peaks in severity at day 5. Pain medication should be taken as prescribed, and you do not need to wait for pain in order to take the pain medication. It is important to maintain pain control and hydration to decrease pain. Hydration and pain control also help to decrease your post-operative bleeding risk.

Return to the Emergency Department if:

- Any bleeding from nose or mouth
- Cannot maintain any oral intake (food or fluids)
- Neck is stiff and painful
- Trouble breathing or swallowing