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231-627-4364



Hospital Phone: 231-627-5601

Instructions for Postoperative Tonsillectomy And Adenoidectomy Patients

ACTIVITY

1. The patient should rest in bed or on a couch the day after surgery, except for walking to the bathroom.
2. Beginning the second day, the patient may gradually increase activity.
3. Extended rides in the automobile or any form of vigorous physical exercise, gargling, vigorous nose blowing or throat clearing should be avoided for one week or until after the postoperative checkup.

DIET

1. A soft diet should be served for comfort. Foods such as mashed potatoes, gravy, ice cream, milk, soft over-cooked vegetables, cooked cereal, soups etc. are suggested.
2. It is important that a large amount of liquid is taken. This soothes the throat and prevents the patient from developing a temperature elevation due to dehydration. Mild non-acidic juices (apple, apricot), flat soft drinks and popsicles are suggested. Avoid red foods or drink if there is concern regarding bleeding.
3. Avoid citrus juice and hot, rough scratchy foods such as pretzels, crackers, potato chips or popcorn.

MEDICATIONS

1. For pain relief, obtain one of the non-prescription liquid preparations available at the drugstore, such as Tylenol or a similar acetaminophen product. This may be taken according to the directions (appearing on the bottle) for the age of your child. Give Tylenol one half hour before meals to help your child swallow better. A prescription for Tylenol with codeine elixir is provided.
2. The day following surgery, the patient may start chewing regular gum (not aspirin gum), to help relieve any ear pain.
3. Do not give aspirin or Motrin for pain, as this may lead to bleeding.

IT IS COMMON TO EXPERIENCE:

1. Low grade temperature elevation (less than 101 degrees F) and ear pain which may develop 2-3 days after the operation.

2. A slight nasal sound in the voice for a few weeks.
3. Bad breath for a few days.
4. A sore throat for about two weeks.
5. White patches will appear as your throat heals and are not a sign of infection.

WHEN TO CALL:

1. Should severe ear pain with drainage, high temperature (greater than 101.5° F / 38.6° C), or bleeding that lasts more than a few minutes occur, please call the office at 231-627-4364 during the day. After hours, call Cheboygan Memorial Hospital at 231-627-5601 and have the operator page Dr. Burandt or Dr. Duncan.
2. If you have any concern about your child, do not hesitate to call.