

## Postoperative Instructions Tonsillectomy/Adenoidectomy

Abraham Jacob, MD  
Ear & Hearing @ Center for Neurosciences

This instruction sheet is designed to help you care for your ear(s) following surgery, and to answer many of the commonly asked questions. *Please read the entire sheet carefully.*

### What to Expect

- After tonsil (and/or adenoid) surgery it is normal to have a sore throat for 7-10 days.
- To decrease the discomfort of the sore throat it is important to drink plenty of fluids (at least 2-3 8oz glasses of fluid per day).
- Often people will experience pain in their ears. Usually, there is nothing wrong with the ears; pain from the tonsil area refers to the ears. This ear pain may be worse at night.
- Do not blow your nose for 1 week.
- Do not take aspirin, ibuprofen, or products containing them unless instructed otherwise by Dr. Jacob.
- It is normal to have a low-grade fever 100° to 101° for 1-7 days. If higher than 101.5° call Dr. Jacob's office.
- The area where the tonsils were removed will appear raw and grayish in color. The scab area will fall off in approximately 10-14 days. It is normal to have an increase in discomfort when this happens.
- Bad breath is part of the normal healing process.
- A small amount of blood in the sputum is normal in the first month after surgery. However, if you have sudden bright red bleeding from the mouth, please proceed to your local Emergency Room.

### Nutrition

- Try to avoid salty snacks such as potato chips or pretzels for the first two days following surgery. Try to avoid crunchy foods or foods with sharp edges.
- Some patients have less of an appetite, but it is very important to continue to drink fluids.
- Drinking fluids will help lessen the discomfort.

### Safety Information for Giving Medications

- EACH TIME YOU GIVE A MEDICATION READ THE LABEL.
- Do not measure liquid with a kitchen spoon. There are pediatric measuring devices available at the pharmacy. Ask for one when you get your prescription filled.
- Use the exact amount ordered by your surgeon. If you have questions, please ask your pharmacist.
- Always watch your child take ALL of their medication.
- Store all medications out of reach of children.
- Call the Arizona Poison & Drug Information Center at 800-222-1222 if your child takes too much of any medicine.

### Your First Follow-up Appointment

- Please schedule a follow up visit for approximately one month after surgery.

**Call Ear & Hearing @ Center for Neurosciences (520-795-7750) if you have additional concerns or questions.**

Patient or Caregiver Signature: \_\_\_\_\_ Date: \_\_\_\_\_