

# Postoperative Instructions

## Tonsillectomy/Adenoidectomy

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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).
- The sore throat may get worse 5-8 days after surgery. Remember to drink lots of fluids and take your medication to help decrease the discomfort.
- 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 your doctor.
- 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.
- Sometimes bleeding can occur from the mouth or nose as late as a week after the operation. Please contact Dr. Jacob and go to your local Emergency Room if any bleeding occurs.

### 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 if your child takes too much of any medicine at 1-800-222-1222.

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: \_\_\_\_\_