



## BEFORE SURGERY

### The Day Before

**Do not drink alcohol.** Get a good night's sleep. Do not eat or drink anything after midnight. Arrange for transportation on the day of surgery. You will not be able to drive home. A responsible adult needs to be with you for at least 24 hours following surgery. Make sure you **know the date of your surgery**. You may need to get your blood tested before your surgery. If you do not get this done, you will not be able to have your surgery. If they have not already, **the hospital will call you** to register you for surgery.



Take **no aspirin** or aspirin products for three weeks before your surgery. If you have taken aspirin within the 10 days before the operation, **call us** and ask advice. Aspirin increases the risk of bleeding. Many cold medicines contain aspirin.

For 3 days prior to surgery, you **should not take NSAID medications** (Advil, Nuprin, Indocin, Naprosyn, Motrin, etc.) or medications that contain them. If you have questions about these medicines, ask us.

### **Remember to:**

Arrange for transportation home and to have someone stay with you over night. **You will not be able to drive home.**

## THE SURGERY

### What Will Happen

You are planning to have a surgery called a **Tonsillectomy and/or Adenoidectomy**. During this surgery, your tonsils and/or adenoids will be removed through your mouth. After surgery, you can expect to wake up in the recovery room, where you will be watched carefully. You may begin drinking clear fluids as soon as you are awake and drinking is allowed.

## AFTER SURGERY

### General Information

Try to be calm and not overdo it for the first 3 days. Frequent coughing and clearing the throat should be avoided if possible. Bad breath is common and is improved by drinking more fluids. **Try not to use aspirin for 2 weeks after surgery**. If you cannot take narcotic pain medicine, ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) can be used, but may increase the risk of bleeding. **Avoid citrus or tomato juices** for two weeks because they can cause burning in the throat. **Keep your head up (elevated)** for the first few days to help keep swelling down.

### Dietary/Eating

#### DAY ONE:

**Stay away** from foods with a high temperature or lots of seasoning/spice. Increase fluid intake by eating popsicles,

Jell-O®, non- citrus fruit juices, or Gatorade® frequently. Drink several glasses of water. You can try eating soft foods if it does not hurt too much.

#### DAY TWO:

If you feel well enough, **add soft foods** as you like: pudding, applesauce, ice cream, mashed or pureed foods - any foods can be blended in a blender!



#### DAY THREE:

Slowly introduce more foods over the next three days. Sharp or hot foods (chili, chips, dry toast, crackers, etc.) can be irritating and should not be eaten for 10 days to 2 weeks after surgery. **Remember, drinking fluids is more important** than eating foods.

### Nausea and Vomiting

Nausea (feeling sick) and vomiting (throwing up) are common after general anesthesia (being put to sleep). This may start after you first eat or drink. **If this lasts longer than twenty-four hours, please call us** or go to the Emergency Department. Taking pain medicine with a snack and drinking plenty of liquids can help prevent nausea.

### Pain Control

Pain is mild to moderate after tonsil and/or adenoid surgery and although it might get worse on the 3rd to 5th day, it should start getting better after 7 to 10 days. **Ear pain and throat pain are common after this surgery.** Pain

medicine will be prescribed and should NOT be taken more often than the doctor prescribed/instructed. **If you run out of pain medicine, call us** during regular business hours. Narcotic pain medicine (like Vicodin® or Percocet®) must have a written prescription and may not be refilled outside of normal business hours.

### Fever



If you have a temperature higher than 101.5 degrees F by mouth, **which does not come down with Tylenol® (acetaminophen) or pain medicine, you should call us.** Deep breathing and drinking fluids can also help to bring down the fever.



### Wound Care

Some bloody streaking of saliva (spit) is common after tonsil surgery. The inside of the throat will look white and you will probably have bad breath. This is common. Even though the chance of serious bleeding goes down once you leave the hospital, about 5% of people have some bleeding 6 to 10 days after surgery. If this happens, lie down and remain quiet. Spit the blood out gently or gargle gently with cool or cold water for 5-10 minutes.

**If bleeding does not stop, go to the closest Emergency Department (ER).**

### Showering/Bathing



You may take baths and showers normally starting **the day after surgery.**

### **MEDICATIONS**

You will be prescribed pain medicine, and possibly an antibiotic. **Take pain medicine as directed** until it is no longer needed. Most pain medicine is combined with Tylenol® (acetaminophen). Do not take any more medications containing acetaminophen. Do not take tranquilizers or sleeping medication while taking the pain medicines.

If you get an antibiotic, this is to help bad breath and pain. You should take the antibiotic until it is gone, **unless you are having side effects (a bad reaction).**

### **CALL THE DOCTOR IF YOU HAVE:**

- A temperature above 101.5°F
- Constant nausea or vomiting
- No ability to eat or drink

### **GO TO THE EMERGENCY ROOM IF YOU HAVE:**

- Bleeding that does not stop

Thank you for choosing ENT Office.org. Please tell us if you have any questions or concerns.



**ENT Office.org**  
Dr. Todd Berinstein  
Dr. David Bloom  
(360) 326-3966

## Patient Instructions Tonsillectomy and/or Adenoidectomy

