

Tonsils, Adenoids Surgery (for Adults and Children)

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

You or your child had surgery to remove the tonsils, adenoids or both.

The tonsils are located in the back of the throat and the adenoids are located in the back of the nose.

As the throat heals, new tissue will grow. The areas affected by this surgery will appear white.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the surgery.

Activity

- Stay quiet for the rest of the day. You do not need to stay in bed, but do not overdo it. If your child had surgery, make sure he or she plays quietly.
- For 24 hours after surgery, use pillows to keep your head elevated (raised) while you are in bed.
- Avoid bending or any activity that causes you to bend your head down. Avoid lifting heavy objects. Follow your health care provider's directions.
- Try to avoid sneezing, coughing and clearing your throat. If your child had surgery, he or she may have a croupy-sounding cough.
- Follow your health care provider's directions for when to return to work or school.
- Avoid contact with people who have colds, strep throat and other illnesses.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Food and Beverages

- For one to two weeks, do not eat hot beverages and foods, or drink citrus beverages (such as orange juice).
- It is important to drink a lot of fluids for the next two weeks. Include water, ice chips, clear juices, freezer pop products, sherbet and flat (no fizz) carbonated beverages.
- Take sips of fluids often. This will keep the mouth moist and decrease the risk of bleeding.

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- If you have fluid restrictions or limits, talk with your health care provider.
- Gradually return to your normal diet. While you are able to tolerate foods, follow these guidelines:
 - Eat soft, bland foods that are easy to digest. Try eggs, noodles, cooked cereal and mashed potatoes.
 - Do not eat crisp or sharp foods such as chips, popcorn, peanuts, toast, tacos, raw vegetables and crackers.
 - Do not eat spicy foods and citrus products.
- Avoid alcohol while you are taking prescription pain medicine.

Discomfort

- It is common to have ear discomfort after having tonsils removed. To ease this feeling, drink lots of fluids. You may also try chewing gum.
- You may be given an ice pack to put around your neck. It is OK to use this.
- Rinse your mouth often and brush your teeth two to three times a day with a soft-bristled toothbrush. Take 3 to 4 ounces of fluids or cool/soft food after each rinse until swallowing is easy again.
- Run a cool mist vaporizer in your bedroom to increase humidity for about 2 weeks, especially at night. Moist air will make you more comfortable.

Pain Relief

- If your health care provider prescribed prescription pain medicine, take it as directed.
- Prescription pain medicine can cause constipation. To try to avoid constipation:
 - Drink six to eight 8-ounce glasses of water or juice each day.
 - Avoid caffeine or alcohol. If constipation is a problem, talk with your health care

provider or pharmacist about using a laxative or stool softener.

- For 2 weeks after surgery, do not use aspirin, ibuprofen (Advil[®], Motrin[®]), or products that contain aspirin or ibuprofen. They can cause bleeding.
- You may take acetaminophen (Tylenol[®]) instead of your prescription pain medicine.

Mild Bleeding

- Mild nasal or throat bleeding may occur for the first few hours after surgery. Bleeding usually does not last long. You might see mild bleeding again after 5 to 7 days when the healing scab separates (comes loose).
- The blood you swallow may cause your stools to be dark or black for two or three days. You may also have nausea. You may vomit some of this swallowed blood.
- Control mild bleeding by sitting and rinsing your mouth with ice water.

When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature higher than 101.5 F
- severe bleeding
- severe dizziness
- sudden nose bleed or spitting up blood
- bloody saliva (more than streaks or clots)
- skin rash or irritated skin
- upset stomach and throwing up that won't stop
- pain that does not get better with medicine, rest or both
- have breathing problems
- questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments, even if you are feeling well.