



Greenville Ear, Nose & Throat

Tonsillectomy and Adenoidectomy Instructions

Before Surgery

- Do not eat or drink after midnight the evening before surgery. You can take medication as instructed by the anesthesiologist at your pre-operative visit.
- Call our office if you develop a cough, fever or other signs of a respiratory infection. Patewood (864) 454-4368, Greer (864) 797-9400
- Do not take aspirin, aspirin-containing products, ibuprofen or other non-steroidal anti-inflammatory medications for two weeks.
- Make plans to remain in town for two weeks after surgery.

After Surgery

- Eat a soft diet for 10-14 days. Drink lots of fluids.
- Limit physical activity for 10-14 days.
- Complete any prescribed antibiotics.
- Take liquid Tylenol or other prescribed medication for pain every 4-6 hours as needed.
- Do not take aspirin or aspirin-containing products for two weeks.
- Throat and ear discomfort are common. They can be severe and last 10-14 days.
- Bad breath and a whitish-gray coating in the throat are typical.
- Low-grade fever is common. Take Tylenol to reduce it.
- Return for your follow-up visit in 2-3 weeks.

Call the doctor if you have ...

- Bleeding
- Difficulty breathing (except for nasal congestion)
- Persistent vomiting or cannot take in enough fluids
- Fever above 102°F that does not lower with Tylenol (fever often is a sign of not taking in enough fluids)

Risks and Complications

Tonsils and adenoids are lymphoid tissue of the pharynx. The tonsils are located in the oropharynx (part of the throat between the palate and base of the tongue). The adenoid pad is in the nasopharynx (part of the throat that extends into the back of the nose). Tonsils and adenoids are part of the immune system, but no evidence suggests that removing them affects the ability to fight infection.

A tonsillectomy is performed for many reasons, including chronic infections, airway obstruction or enlargement of tonsillar tissue. Adenoids also are removed for many reasons, including chronic infections, nasal blockage and chronic ear infections. Tonsils and adenoids are not always removed at the same time.

Adenoidectomy risks include bleeding, infection, anesthesia effects and nasal regurgitation. Nasal regurgitation can make it hard to swallow and may change the quality of your voice. Nasal regurgitation is rare and usually temporary.

Tonsillectomy risks include bleeding, infection, change in voice quality, change in taste sensation and anesthesia effects. About 2% of people have bleeding within two weeks of surgery. The greatest risk of surgery is at about 7-10 days. Such patients may need to return to the operating room to control the bleeding.

What to Do After Your Tonsillectomy and Adenoidectomy

You must keep a light activity level and a soft or liquid diet for 10 days to decrease the chance of bleeding. The primary goal is to take in enough fluid. Adequate liquid intake prevents dehydration and stops the throat from drying out and becoming more painful. It also reduces bleeding risk.

It often helps to take pain medication before taking liquids or soft solids.

Here are minimum daily requirements for liquids based on a patient's weight:

Under 25 pounds	1.5 pints	Three 8-ounce glasses
25-60 pounds	1 quart	Four 8-ounce glasses
60-120 pounds	1.5 quarts	Six 8-ounce glasses
Over 120 pounds	2 quarts	Eight 8-ounce glasses

Liquids should be cool (preferred) or warm. Avoid citrus juices and red- or orange-colored beverages. Gatorade, sweet iced tea, apple juice, ginger ale, 7UP or Sprite, milk, Jell-O and ice pops are excellent. Sherbet and ice cream soothe the throat.

Remember: Getting enough fluid is key. You can go without solid foods for 10 days; however, liquids are essential to stay hydrated.

Here are some soft foods that are well tolerated after a tonsillectomy and Adenoidectomy:

- Smooth, cooked, lukewarm cereals (such as grits)
- Cooked or canned soft fruit
- Warm macaroni and cheese
- Fresh, ripe bananas
- Warm pasta
- Baked apple
- Warm mashed potatoes
- Fruit cocktail
- Soft bread products
- Soft cooked vegetables
- Boiled, poached or scrambled eggs
- Broth
- Cottage cheese
- Cream or noodle soups
- Custards and puddings
- Meats stewed or creamed to desired tenderness
- Applesauce

Note: Avoid fried foods (such as chicken), salads, apples, potato chips, pretzels and other crunchy snacks that may irritate the throat.