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**POST-OPERATIVE INSTRUCTION FOR PATIENTS AFTER
TONSILLECTOMY/ADENOIDECTOMY**

1. There should be no bleeding, but blood tinged mucus is not abnormal. Notify the Doctor immediately if any bleeding occurs.
2. If bleeding does occur, call the Doctor and then gargle and spit with ice water at least 5 times. If bleeding does not stop, then repeat this 5 times with ½ water and ½ hydrogen peroxide. This will usually stop any bleeding. Call the Doctor if bleeding does not stop.
3. A slight fever, 99 – 101° is common. If the temperature persists over 101° then notify the Doctor. Give Tylenol (Acetaminophen) only for fever and pain. Absolutely **NO MOTRIN, ADVIL, IBUPROFEN OR ASPIRIN PRODUCTS**. These can cause significant bleeding.
4. **Diet** is restricted to liquids and soft foods for 2-4 weeks. Avoid hard foods such as potato chips, popcorn, pretzels, French fries, pizza, etc. They may cause severe bleeding and may not be tolerated by most patients.
5. Fluids must be encouraged to avoid dehydration and constipation.
6. Avoid the use of straws.
7. Avoid milk products, as they tend to thicken mucous (until the patient is able to easily tolerate clear liquids).
8. Most patients will have very thick mucous, nasal and ear congestion. These will resolve with time
9. The uvula in the back of the throat will become enlarged and thick. This is normal after this procedure and will resolve with time.
10. **NO** heavy physical activity, contact sports or gym for at least four weeks after surgery.
11. Do not travel outside the immediate area for at least four weeks after surgery. Allow easy access to a nearby hospital should anything occur.
12. No gargling.
13. Discourage frequent coughing.

14. Ear pain is common and may be severe. This is referred pain from the throat. Tongue pain and cracking at the corner of the mouth frequently occur.
15. Bad breath occurs frequently and usually subsides within 10-14 days after surgery. Brush teeth twice a day. You may use hydrogen peroxide diluted with water as a mouth rinse, but **NEVER** any mouth rinse such as Listerine.
16. It will be very painful to swallow. This improves with increased swallowing, healing and time. As a general rule, the more frequently you swallow, the sooner you will recover.
17. Call the Doctor if you have any questions.