

Tonsil and Adenoid Surgery - Adult Discharge Instructions

Drinking and Eating

Drinking lots of liquids after surgery is important. Fluids soothe the throat, and keep the area clean and moist which helps with healing. In the first few days drink lots of cold drinks and eat soft, cool foods, including ice chips, popsicles, Freezies, and Jello. Avoid hot, spicy, acidic, or dry foods that might irritate the throat such as toast, crackers, tomatoes, orange juice and lemonade. Gradually advance to a soft diet. If you are having trouble eating solid foods you can put them in a blender or food processor. You should be back your normal diet within 10 to 14 days following surgery.

Do **not** use a straw for drinking.

Medication

Take pain medication as prescribed by your surgeon. Take acetaminophen (e.g. Tylenol®) every six hours for five days following surgery (maximum dose 4000 mg in 24 hours). An anti-inflammatory, such as ibuprofen (Advil®) may be added; check with your physician and pharmacist. If you are instructed to take an anti-inflammatory, space it a few hours apart from the acetaminophen. You may also receive a prescription for liquid Morphine because, occasionally, a patient requires stronger pain medication. You can monitor your response to Tylenol®/Advil® and then fill the prescription for Morphine if needed. If you do take Morphine, it should be used with caution and only take as directed by your physician and pharmacist. Most patients require less pain medication after five days. Write down when you have taken your pain medications in order to keep track of medicine you have taken and to remind you when the next dose is due. DO NOT take homeopathic or herbal remedies unless approved by your surgeon as these may cause bleeding.

Avoid Aspirin products for 1 week.

Activity

Avoid strenuous activity, including swimming, until reassessed by your surgeon (usually within 7 to 10 days). Avoid contact with people who have infections (i.e. coughs or colds). Your surgeon will advise you about returning to work/school.

Special Instructions

Mouth Care: A white coating usually develops over the tonsil area. This is normal. Mouth odour may be present for a few days after surgery. Gentle brushing of the teeth is permitted. Rinse your mouth, do not gargle. Do NOT cough or frequently clear your throat as this may start bleeding.

Fever, Bleeding and Nausea: Following surgery, you may have a slight fever (38° C or 100° F) for 4 – 5 days. A fever over 38.5°C or 101.3°F should be reported to a doctor. Bleeding is uncommon but may occur up to two weeks after surgery. Any obvious bleeding should be reported to a doctor.

Follow-Up

Schedule a follow-up appointment as instructed by your surgeon, usually one week from date of surgery.

Call your surgeon's office during business hours or go to the nearest emergency department if:

- You have prolonged temperature over 38.5C or 101.3F
- You have difficulty breathing or shortness of breath
- You have increased throat pain despite taking the recommended doses of pain medication
- You have bleeding from your nose or throat
- You have chest pain, weakness or numbness in the face or limbs
- You have persistent nausea and vomiting

Tracking your Pain Medication

Day of Surgery	Day1	Day2	Day3	Day4	Day5	Day6	Day7