**POSTOPERATIVE INSTRUCTION SHEET**

**TONSILLECTOMY AND ADENOIDECTOMY**

1. Drinking: Keep well hydrated. Drinking adequate fluids decreases pain. An adequate amount of fluid intake results in clear to light yellow urine every 2 hours. Cool, clear fluids are the best (water, sports drinks). Popsicles are fine. Acidic beverages such as orange juice may be difficult to tolerate.
2. Diet: There is no pattern to when your child will start to eat. Eat soft foods for 2 weeks. Avoid food that “crunches” such as hard bread, pretzels, potato chips, or ice chips.
3. Pain: Throat pain may last 10-14 days. Give Tylenol continuously every 6 hours. Take Motrin every 6 hours. Take narcotics every 6 hours if given.
4. Antibiotics: Antibiotics are rarely needed after tonsillectomy and/or adenoidectomy. If prescribed then take the full course as written.
5. Activity: Let your child recover at their own pace. Returning to school of sports will depend on your child’s recovery. Limit any contact sports or heavy lifting or straining for 2 weeks after surgery. Most children are fully recovered by 14 days.
6. Fever: A low grade fever (<101.5) may persist for 1-3 days after surgery. Tylenol should help with this.
7. Speech changes: Your child’s voice may sound different immediately after surgery. This should improve over the next few weeks.
8. Travel: No travel for 14 days after surgery.
9. Bleeding: Go to the Emergency Room if profuse bleeding from the mouth or if blood tinge spit is persistent.
10. Expect bad breath, ear pain, and nasal discharge (if adenoidectomy done) for 7-10 days after surgery. These are common after surgery and do not need to be reported. White or gray patches in the back of the throat are normal. This is not an infection and antibiotics **SHOULD NOT** be given.
11. Return to the clinic or go the Emergency Room for the following:
    1. Fever > 101.5 (a fever <101.5 may be present for a couple of days after surgery which is not abnormal).
    2. Persistent or profuse red bleeding.
    3. Not drinking enough fluids.
    4. Persistent or worsening neck pain.
12. Call the clinic if you have any questions
    1. For questions about surgery 301 319 8629
    2. For appointment 301 295 4664 (option 0)
    3. After hours: 301-295-4611 and ask them to page the ENT on-call (be sure to leave your full name, social security number, type of surgery, and date of surgery)