

Wentworth Health Partners Head & Neck Specialty Group of NH

361 High Street Somersworth, NH 03878
Phone: (603) 692-4500 Fax: (603) 692-4520

Office Hours: Monday - Friday 8:00am - 5:00pm
www.headandnecknh.com

TONSILLECTOMY/ADENOIDECTOMY

You had your tonsils removed. You may have had your adenoids removed as well. You may now have a very sore throat. It will take about 10 days to 2 weeks to recover fully. Expect to be out of work/school for at least 1 week, possibly 2 weeks (especially for an adult).

In about 0.5% of people, there is some bleeding when the scabs are sloughing off after surgery. If this does happen, do not become alarmed. The bleeding is usually light. You may gargle gently with ice water and spit out any blood. If the bleeding does not stop within 5 minutes, call the office. If you are unable to reach us and the bleeding continues, go to the emergency room.

You might see white patches in the throat after surgery. This is normal and is temporary during the healing period. This is NOT a sign of infection. Discomfort in the ears is also to be expected for a few days after surgery. This can appear early on after surgery or about 7 days out.

BELOW IS A SUGGESTED GUIDELINE TO FOLLOW:

DAYS 1-3:

- Make sure to drink plenty of fluids about one-half to 1 quart of cool, clear liquids daily, including water, Gatorade, flattened ginger-ale, apple juice or grape juice. You may also use sherbet, ice cream, Popsicles, Carnation Instant Breakfast, Ensure, and Boost etc.
 - As tolerated, after the first few days, you may introduce more soft foods like eggs, cooked cereals, and pancakes. Dinner can consist of soup, peanut butter and jelly sandwiches, cheese sandwiches, mashed potatoes, soft vegetables, pasta etc.
- Activity should be limited as rest is important. After a couple days, you may move more but still rest either in bed or on the couch for most of the day.
- Take pain medication as prescribed by the physician. After a couple of days on the pain medication, you may become constipated. Drinking a glass of prune juice at bedtime may help with this. If you have continued issues, you can start to take MiraLAX.

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Tonsillectomy/Adenoidectomy

DAYS 4-6:

- Continue Tylenol or prescription pain medication, if needed.
- Continue to keep diet soft, you may introduce new foods such as hamburger, fish, and chicken. However, continue significant cool fluid intake.
- Continue to keep your activity level at a minimum because you are still at risk for bleeding.

DAYS 7-14:

- Continue with a soft diet and Tylenol as needed.
- Patient may return to school 7-10 days after surgery depending on how he/she is feeling. The patient may return to work after 7-10 days unless job consists of heavy lifting. If this is the case, patient should go on "light duty" for the second and third week post-op.

Note: Avoid orange juice, grapefruit juice, tomato juice or other acidic products, as they will burn the throat. They are not harmful but they will make you uncomfortable.

Call your doctor if you:

- Have a fever higher than 101 degrees
- Have a severe earache or severe throat pain not relieved by pain medication
- Frequent swallowing or vomiting of blood
- Bright red bleeding which lasts more than a few minutes
- Any other questions or concerns