

POST-OP INSTRUCTIONS
Pediatric
TONSILLECTOMY & ADENOIDECTOMY

BEFORE LEAVING THE HOSPITAL

1. If you have not already been given a post-operative appointment, ask your doctor regarding this.
2. Check with the hospital nurse to obtain any medication your doctor may have ordered. Take the medication at home as directed on the bottle.
3. The patient should remain in bed for the first two days after operation. On the third day, he may be up but must be quiet. He may not run, play, exert himself (bending, stooping, lifting, etc.) or be outside for at least seven days. On the eighth day, he may return to school or to light work.
4. When the patient leaves the hospital, he/she may eat a soft diet such as eggs, cereal or pasta. Frequent small meals are preferable to a few large ones. Soft cooked cereals, custard, mashed potatoes, pureed vegetables, soft boiled eggs, finely ground meats, gelatin desserts, ice cream, etc., are recommended. Failure to swallow immediately, however, will produce troublesome muscle spasm and increase the duration and severity of throat and ear pain.

Abundant quantities of water, milk, warm broth, ginger ale, and other carbonated beverages are recommended. Fluid intake can include non-citrus acid containing fruit juice, Hi C beverages, apple and grape juice.

Dry toast and other similar foods should be avoided for one week. Acid fruit juices, alcoholic beverages, highly seasoned and hot foods and drinks must be avoided for two weeks following the operation.

5. If the throat feels dry, or the breath is foul, the patient may gargle 4 or 5 times a day with a solution made by dissolving one-fourth teaspoonful of table salt in a full 8-ounce tumbler of lukewarm water. No other gargles may be used. Children do not use gargles well. Do NOT "clear your throat." Swallow or spit up any secretion that may be present in your throat.
6. Severe pain in the ears and slight temperature (up to 100° F.) are common and of no significance. If temperature over 101° F. develops, notify me at once.
7. In some patients, throat soreness and ear pain may increase in severity up to the fifth post-operative day. This is normal in many patients and should cause no alarm. The pain will usually subside rapidly after the fifth post-operative day if the patient is eating a normal diet and taking fluids in generous amounts.

8. If bleeding occurs, the patient should sit erect and gargle with a mixture of one part of hydrogen peroxide solution and three parts cool water. Ice may also be sucked. If these measures do not control the bleeding immediately notify us, or take the patient back to the hospital in a car without delay. Do NOT take any aspirin products for 2 weeks following surgery, as this may cause bleeding.
9. The patient should return to our office for a post-operative examination. Please call for an appointment.

This instruction sheet is designed to help to answer many of the commonly asked questions. Please read it carefully.

Should you find it necessary to call our office following surgery, one of our nurses may be able to answer your questions. If not, she will ask your doctor to return the call when he is available or she may instruct you to come into the office to see him.

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