After Your Surgery

Tonsillectomy & Adenoidectomy

CAPITAL ENT & SINUS CENTER

What to Expect

- A very sore throat and pain with swallowing is expected. Pain may worsen over the first few days before it improves.
- Ear pain is normal. It is referred from the throat because the sensory nerves cross paths.
- Temporary tongue discomfort, numbness, or altered taste, caused by the tongue retractor used during surgery.
- Continued snoring and nasal congestion until the swelling goes down (up to 2 weeks).
- A fever up to 101° F may occur within the first couple of days.
- Bad breath for the first week or two. Extra tooth and tongue brushing does not help.
- Nausea or decreased appetite for the first few days.
- Bleeding is most likely 5 to 8 days after surgery (up to 2 weeks), often at night: keep a phone nearby.
- Mild, temporary change in voice.
- White patches in the back of the throat are a normal part of healing, not an infection.

What to Do

- Staying hydrated is the most important thing: at least 30 to 40 oz of water daily (about 60 oz for adults); a straw is fine.
- Follow your surgeon's diet instructions for 2 weeks, and avoid sharp, crunchy foods. Even if you feel completely healed, the scab can still come off early and cause bleeding.
- Schedule pain medication (for example, every 4 to 6 hours) for the first few days so you do not fall behind on pain control.
- Ibuprofen is typically OK after tonsillectomy. You can alternate Tylenol and ibuprofen per the instructions on the bottle. For example: Tylenol, then ibuprofen 3 hours later, then Tylenol 3 hours after that.
- In some instances, your surgeon may ask you to avoid ibuprofen to potentially decrease bleeding risk, and may prescribe narcotic pain medication instead. We will let you know if this applies to you.

What Not to Do

- For 24 hours after anesthesia: no driving or alcohol; after general anesthesia, we recommend an adult stay with you (or your child) the first night.
- No heavy lifting (over 10 lb), strenuous exercise or anything tiring for 2 weeks after surgery. Children should not do any hard playing (running games, trampolines, bikes, sports, rough play) or get worn out for 2 weeks.
- For the first 48 hours after surgery, most of the time should be spent in bed or seated in a chair.
- Children returning to school after 1 week should skip recess and P.E. for 2 weeks.
- For 2 weeks, stay within an hour of our office or an ER, and do not fly.
- Do not take aspirin or products containing aspirin for 2 weeks after surgery.

When to Call or See the Doctor

- Call us immediately at 512-339-4040 for ANY bleeding from the nose or mouth. For heavy bleeding, or if you are spitting or vomiting blood, call 911 or go to the nearest emergency room.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time.
- Signs of dehydration (no pee in 8 hours or fewer wet diapers, dark pee, dry mouth, no tears) or refusing to drink: call the same day.
- Severe neck pain, or neck pain that does not respond to pain medication within 48 hours.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

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