

Instructions for Tonsillectomy and Adenoidectomy

The following information is provided to make the time, both before and after the upcoming surgery, go as smoothly as possible. We recommend you read carefully and that it be saved for reference since it contains answers to many questions you may have following the procedure.

Pre-operative Instructions

1. If laboratory work is required prior to the procedure, you will be given a prescription slip requesting it. This slip should be taken to the Out-Patient Department of the hospital in which the procedure will be performed within 48 hours of the scheduled surgery.
2. No aspirin or aspirin-containing medicines should be used within one week of the planned procedure. Tylenol or similar nonaspirin products may be substituted if such medicine is needed.
3. It is important that nothing be taken by mouth after midnight the night prior to surgery. Do not eat or drink anything, including water, after this time.
4. It is important that you arrive on time at the hospital the morning of the surgery.

Post-operative Instructions

1. Your child will remain in the recovery room for approximately one hour following surgery. He or she will then be returned to the Out—Patient area where you may join him or her at this time.
2. Your child will remain in the Out-Patient area until he or she is fully awake and taking fluids adequately. If there is any question as to their ability to go home at 4-5 hours following the surgery, your child may be admitted for overnight observation.
3. It is expected that your child will have pain following this procedure. Tylenol may be used. We will be giving you a prescription for a codeine-containing medicine to use if the Tylenol alone is not sufficient to control pain.
4. Encourage your child to drink plenty of fluids following surgery. There is no dietary restriction, however, and he or she may take solid foods as soon as he or she wishes. Most individuals, however, will not want a normal diet for a week to ten days following the procedure.
5. Your child may very well complain of an earache following surgery. This is typical and is a result of pain from the tonsillectomy site. Generally, there is no ear disorder associated with this pain and it should be treated with the codeine compound. Your child may run a fever after surgery as high as 101°.
6. After the tonsils have been removed, a raw surface remains. This normally leaves a whitish, patchy membrane in the throat area. This is a normal finding and does not indicate any problem in the hearing process.
7. For two to three days following surgery, one can expect intermittent blood-tinged drainage either from the nose or from the throat. This should never amount to more than two teaspoons of bright red blood. In the unlikely event that this does occur, sipping on ice water for several minutes will usually stop the bleeding. If the bleeding persists more than several minutes, however, please call the office immediately or go to the nearest hospital Emergency Room.
8. Your child should stay home from school for one week following surgery. Children should be restricted to play indoors during that week. All physical education classes, athletic activities, and strenuous activity should be avoided for two weeks after surgery.
9. Shortly following discharge from the hospital, you should contact our office for a post-surgical follow-up in two weeks.
10. If you have any questions or problems concerning the surgery or post-operative course, please feel free to call our office.

