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**Tonsillectomy and/or Adenoidectomy
Home Care Instructions**

What to expect after tonsillectomy and/or adenoidectomy:

- The throat will be sore after surgery and can worsen after 3-7 days. This is expected, and happens because the tonsil site scabs fall off at this time due to swallowing. Continue taking your pain medication and increase your fluids.
- The throat may look infected, but it is not. It may be best not to look.
- Occasionally, brief bleeding occurs when the scabbing falls off. The bleeding can be controlled with a cold water rinse. Call your doctor if you spit up enough blood to fill the bottom of a cup.
- Ear pain is commonly associated with throat surgery and can last up to two weeks.
- Adults and older children may have mild throat pain when yawning for up to six weeks
- Run a humidifier or vaporizer to prevent your throat from becoming too dry.
- Take pain medication as directed. If the stronger pain medication is not needed, you may switch to Tylenol. **DO NOT combine Tylenol with pain medication unless instructed by your doctor. DO NOT take any aspirin, ibuprofen or naproxen products for 2 weeks.**

Diet

- **Drinking plenty of fluids is very important.** Cool and non-irritating drinks such as water, non-citrus fruit juices, Gatorade, milk, tea and “flat” soft drinks may feel best, but you can have any drink you want. Adults should have 6-8 (12 oz) glasses of fluid a day. Children should have at least 2 tablespoons of fluid every 30 minutes. It is OK to drink through a straw.
- Pudding, Jell-O, popsicles, ice cream and yogurt are easy to swallow and may be preferred within the first 24 hours; soft foods such as mac & cheese, soup, mashed potatoes, and eggs may be preferred for up to two weeks. You can eat anything you want, however, at any time. There are no diet restrictions other than the restrictions you will likely put on yourself.

Activity Guidelines

- No sports or exercise programs, or strenuous upper body activity, or return to work or school, for 10 days. You should be able to return to work/school on day 11-18. Adults will suffer longer than children.
- Avoid people who have colds, the flu, or any lung or respiratory infection.
- No hot tubs or saunas or sitting outside for long periods of time for the first week.

Mouth Care

- Teeth should be brushed 2-3 times a day. Rinse with water after every meal.
- Do not gargle vigorously for 3 weeks.
- Do not smoke or drink alcohol for 3 weeks.

Call your doctor if:

- You have a fever over 101°.
- You have large blood clots or bright red bleeding from your mouth or nose, enough to fill the bottom of a drinking cup.
- A young child refuses to drink for four hours
- You have repeated vomiting