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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 3-5 days. This is expected. Continue taking your pain medication and increase your fluids.
- Scabbing, from where the tonsils used to be, usually falls off within 5-7 days. It may cause a “tickle” in the throat but is generally unnoticeable. After the scabbing is gone, the area appears to be white and slimy- this is normal.
- Occasionally, brief bleeding occurs when the scabbing falls off. The bleeding can be controlled with a cold water rinse.
- Ear pain is commonly associated with throat surgery and can last up to two 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.** These fluids should be cold and non-irritating such as water, non-citrus fruit juices, Gatorade and/or PowerAde, milk, tea and “flat” soft drinks. 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 okay to drink through a straw.
- Pudding, Jell-O, popsicles, ice cream and yogurt are easy to swallow and are recommended within the first 24 hours.
- After 24 hours, soft foods like cooked eggs, mashed vegetables and/or fruit, cooked cereals, soft meat and strained soups will probably not hurt the throat and are okay to try.
- Chewing gum is also recommended.

### Activity Guidelines

- Avoid getting overheated or overtired for the first week. No sports or exercise programs for two weeks. You should be able to return to work/school within 7-14 days.
- 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 after every meal with water or an alcohol-free mouthwash.
- 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.