



VALLEY ENT
EAR, NOSE, THROAT & ALLERGY

Adenotonsillectomy (Remove Tonsils and Adenoids)

This post-operative instruction sheet is designed to help you care for your throat after surgery and help answer any of the most common questions you may have. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office. You may call the office at (559) 409-4720. If you are having a medical emergency, you should not hesitate to call 911.

What To Expect:

- Sore throat that lasts 2-3 weeks. Pain may increase after 4-9 days from surgery.
- You can expect to see grayish/white patches on the back of the throat where the tonsils were removed. Bad breath for a couple of weeks is expected. Using nasal saline spray or rinse may help improve this sooner.
- Many people have ear pain after tonsil surgery as pain from the throat can refer to the ear. There is nothing wrong with the ear when this happens.
- Low grade fever of 99-101 degrees is common. You should call the office if your temperature rises above 102 degrees.
- Do not take Aspirin or NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, etc.) or other products containing these medications for 10 days before and after surgery. Starting 10 days after surgery it is ok to start taking Ibuprofen 800mg (200mg tablets - 4 tablets = 800mg) every 8 hours as needed for pain. This will also help getting off the other pain medications.
- Avoid heavy lifting (more than 20 lbs), straining, bending over, exercise, sports activities, or increasing your heart rate for 2 weeks.
- Sometimes bleeding can occur from the mouth or nose as late as 10 days after surgery. Gargle and spit in this order: cold water, hydrogen peroxide, cold water, then spray over the counter Afrin nasal spray into the back of the throat. May repeat every 5-10 minutes if bleeding persists. The bleeding is typically not serious but you should contact the office if any bleeding occurs during business hours. If the bleeding is significant and persists you should go to the closest emergency room or call 911.
- Medications that may be recommended to help with the discomfort:
- Oxycodone 5mg, take 1-3 tabs every 6 hours for pain as needed (7-10 days)
- Acetaminophen 160mg/5mL, 20.5mL by mouth every 6 hours (10 days)
- Colace 100mg, 2 tablet every 8 hours while taking Oxycodone
- Zofran 4mg, 1 tablet by mouth every 8 hours for nausea as needed
- Robaxin 750mg, 1 tablet by mouth before bed for stiff neck as needed
- Decadron 4mg, 1 tab starting the morning after surgery x 4 days for throat swelling
- Viscous Lidocaine 2%, 5mL gargle and spit every 3-4 hours for pain as needed

- o Helpful hints with medications from previous patients:
- o Rotate the Oxycodone and Acetaminophen every 3 hours around-the-clock.
- o Running low on the Oxycodone, call our office before you run out so we can refill.
- o Take Acetaminophen 2 hours before your surgery and then 4 hours after your surgery.
- o No bowel movement 2 days after your surgery, then start an OTC laxative.
- o Work Note: Please call our office to speak to our clinical staff if you need a note for time off after your surgery.

Bleeding:

- Sometimes bleeding may occur from the mouth or nose as late as 10 days after surgery.
- The bleeding is typically not serious and can be managed at home.
- Stay Calm – Panic may worsen the bleeding if your heart rate goes up.
- Using Cold Water, OTC Afrin (Oxymetazoline), and Hydrogen Peroxide may help.
 - o Gargle and spit in this order: cold water, hydrogen peroxide, cold water, then spray Afrin into the back of the throat. May repeat every 2-3 minutes if bleeding persists.
- If bleeding occurs, stop using the Motrin, and please call the office to update us during business hours.
- If the bleeding is significant and persists you should go to the closest emergency room or call 911.

Nutrition:

- You may eat or drink anything (No Restrictions). Recommend chewing your food really good before swallowing.
- Soft foods at room temperature or slightly cooled will probably be the most tolerable.
- Avoid drinking any alcohol during the recovery period as it can be harmful when mixed with medications and increase bleeding risk for 10 days after surgery.
- Drink plenty of fluids every day. This will help with the discomfort and avoid dehydration.
- You may use a straw.
- It's important to have regular soft bowel movements during your recovery period. If you have not had a bowel movement by 3 days after your procedure then start an OTC laxative.

Follow-up Appointment:

- If an appointment has not already been scheduled, please call the office to make or confirm your appointment.

Important Phone Numbers:

- Valley ENT Clinic: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000