

ENT ASSOCIATES

Michael J. Brown, M.D.

Jeffrey C. Nau, M.D

502-897-7300

POSTOPERATIVE INSTRUCTIONS **TONSILLECTOMY AND ADENOIDECTOMY (T & A)**

DIET

A **strict soft diet** is imperative for **2 full weeks** after surgery. Avoid hot or spicy foods, chips, nuts, dry toast, popcorn, pizza and crackers. Encourage intake frequently by offering milk, popsicles, Kool-Aid, Gatorade, Jell-O, fruit juices, water, ice cream, pudding, broth, etc. Drink several glasses of water (lukewarm is less irritating than cold). **Avoid** drinking orange juice, grapefruit juice and tomato juice for 1 week after the surgery. **DO NOT USE A STRAW.**

MEDICATIONS

An antibiotic is usually prescribed for 5-7 days following surgery. The antibiotic needs to be taken as directed until it is completed. A prescription for narcotic pain medication is also prescribed. These products can cause drowsiness and/or constipation. Do not drive, operate heavy machinery or make important decisions while on these medications. You may need to take an over-the-counter stool softener if you become constipated. A medication for nausea may also be prescribed and the preferred route for this is a suppository.

GENERAL INSTRUCTIONS

- Children should be kept indoors and no rough play for the first 3 days.
- Frequent coughing and clearing the throat should be avoided.
- No exercise or heavy lifting for 2 weeks following surgery.
- Objectionable mouth odor and excessive mucus is commonly observed and is relieved by abundant fluid intake and swishing/gargling with lukewarm water. Throat clearing and heavy coughing should be avoided.
- A white or gray membrane on the sides of the throat is normal and should disappear in several weeks.
- Earache is expected. It is not an ear infection; it is referred from the throat.
- Occasionally, transient neck stiffness may occur in children following adenoidectomy.
- Patient may return to work or school one week after discharge. Please note that narcotics cause drowsiness. Patients who take narcotic pain medication should not drive, operate heavy machinery or make important decisions.
- **Do not use aspirin for 2 weeks;** it increases the possibility of bleeding.

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FEVER

Most children experience a low-grade. This is caused by dehydration. Encourage fluid intake and if needed, use Tylenol (**NOT ASPIRIN**). If the temperature remains above 102.2 (39.0 Celsius) and does not respond to Tylenol, or if the child refuses to drink, then IV fluids are required. In this case, please take your child to the nearest emergency department.

BLEEDING

The danger of serious bleeding is not over after you leave hospital. In about 2% of patients there is some bleeding after 6 or 8 days. If this happens, do not become excited, this bleeding is usually slight and stops spontaneously. Remain quiet, lie down and spit the blood out gently. Gargle gently with ice water. If the bleeding does not stop, promptly call your doctor. If the doctor is not available and bleeding continues, go to the nearest emergency department.

FOLLOW-UP

Please make a follow-up appointment to be seen in 2-3 weeks by calling the office at the phone number above.

Thank you again for the opportunity to participate in your health care! Please let us know how we may make your surgical experience more pleasant.

JEFFREY C. NAU, MD