

## POSTOPERATIVE ADENOTONSILLECTOMY INSTRUCTIONS

1. You may expect to have a constant sore throat or throat pain for a week to ten days.
2. You will be given an antibiotic and a narcotic pain reliever (Lortab elixir or Tylenol with Codeine). Please take the antibiotic until the prescription is finished. The pain medicine works best if taken by the clock. You may not want to wait until you are in a lot of pain to take the medicine. It is a good idea to awaken at least once during the night to take the medicine.
3. Chloraseptic spray and/or Cepacol lozenges (available over the counter) may help some patients.
4. The same nerves that go to your tonsils go to your ears. For this reason you may have significant ear pain. This is called “referred pain”, and is often worse on days 3-5 postoperatively. This is best treated with pain medicine.
5. Use Ibuprofen, Aleve®, or Motrin® as directed, as this class of medication is extremely helpful for pain relief. These can be taken with or in conjunction to your narcotic pain medication.
6. If you have any trouble from the medication (such as a rash), stop all medication and call us immediately.
7. The pain medicine combined with a liquid diet may slow the bowels. If you experience nausea or constipation after eating (often on day 3-4) try some Milk of Magnesia®.
8. Soft cold foods are the easiest to eat. Popsicles, ice cream, and Jello® are a good start. Mashed potatoes, creamed corn, grits, etc. may be eaten, but not if they are too hot. Please avoid chips, pizza, and anything that could scratch the raw surface of your throat causing pain and possibly bleeding.
9. A white scab will form on the back of your throat. When it releases (about 7 days) you may have some bleeding (a tablespoon or so). Gargle with ice water if this occurs. If the bleeding becomes profuse call us immediately.
10. You may notice some bad breath during the week after surgery. This is not harmful, it will go away by itself, and there is no good treatment for it.
11. Fever is common after adenotonsillectomy. If you develop a fever greater than 101.5° F, call us.
12. Please don't travel far (>30 minutes) from the Harrisonburg area for 2 weeks after your surgery.
13. If bleeding occurs, apply an ice collar to the neck. Older children and adults may gently gargle ice water. It is better if the bleeding comes out of the mouth, rather than swallowed. If the bleeding is profuse, or doesn't stop after 10 minutes, proceed immediately to the nearest hospital emergency room and contact us.
14. It is extremely important to limit activity for the first **two weeks** after surgery. During this period, absolutely no running, biking, swimming, weight lifting or participation in physical education classes. Many patients feel fine after 1 week, but it is very important to adhere to this policy. Do not return to work or to school until one week after surgery.

If any problems or questions arise, please notify us at the office, 434-2255.