

TONSILLECTOMY AND ADENOIDECTOMY

Dr. Graham

Dear Patient:

We hope this will help you in understanding what to expect after a tonsillectomy and adenoidectomy.

1. A TONSILLECTOMY AND ADENOIDECTOMY ARE DONE AS AN OUTPATIENT SURGERY. The patient arrives at the hospital early in the morning and is discharged later in the afternoon of the same day. Our office will contact you the day prior to surgery with your arrival time.

2. **IT IS IMPORTANT TO HAVE NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.**

3. WHAT IS NORMAL AND EXPECTED AFTER SURGERY?

- (a) **It is normal to have postoperative pain.** This is commonly very intense and is marked with discomfort. Please do not despair, as this will gradually go away as the throat heals. I encourage you to take pain medication as often as prescribed, rather than wait for the pain to get too severe. I also encourage you to chew gum, which at first may be more uncomfortable, but with time, will reduce the spasm in the throat.
- (b) **It is normal to have ear pain.** This is “referred pain.” It occurs because the same sensory nerve that innervates the tonsil area also innervates the ear. This pain will subside as the tonsil area heals.
- (c) **It is normal to have temperature up to 103 degrees** for 3-4 days.
- (d) **It is normal to have nasal congestion and bad breath** for 2 weeks. This will improve as the swelling goes down in the tonsillar adenoid area.
- (e) It is not unusual to have a nasal sounding voice for 2-4 weeks. This will go away as the pharyngeal muscle relaxes and recovers from surgery.

4. WHAT IS **NOT** NORMAL:

- (a) **It is *not* normal to bleed post-operatively.** The tonsil area is very vascular and 5% of all tonsillectomies done in the U.S.A. bleed after surgery (our rate is less than this). It is important to remain calm. If you should have any bleeding, please call the office. If it is during office hours, our staff will contact us. If it is at night or weekends, you can call our answering service at (214)360-5559. If you are unable to reach us, call the hospital emergency room and tell them you are bleeding and need to get in contact with the doctor. Once you have called the hospital emergency room, go to the hospital.

Hunt Regional Medical Center	(903) 408-5000
Baylor Scott & White-Lake Pointe	(972) 520-8000
Presbyterian of Rockwall	(469) 698-1000
Medical City McKinney	(972) 547-8000

We will get there as soon as possible. Bleeding is an alarming time for everyone. It is important to remain calm and to not frighten the patient. Do not give the patient anything to eat or drink if you suspect bleeding from the tonsil area.

- (b) **Not drinking for 24 hours is not normal.** It is very important to have the patient drink fluids, eat Popsicle’s or anything they may be able to tolerate. If the patient is so weak or sore that they are unable to drink within 24 hours, call us. It is not necessary for the patient to eat for a few days or even two weeks, as long as he/she is taking in fluids. It is not unusual to not eat, but it is very important to drink lots of fluids. The fluids will keep the surgery area clean and will help it to heal.

5. ACTIVITY – What can I do?

We encourage all patients to take it easy. Resting around the house is ideal.

We discourage physical activity.

6. FLUIDS – It is important to get plenty of fluids after surgery to avoid dehydration. Water and ice pops are good choices. AVOID red juices and acidic drinks. DO NOT use a straw.

7. FOOD – Bland foods that are easy to swallow, such as applesauce or broth are the best choices immediately after surgery. Foods such as ice cream and pudding can be added to the diet if they are tolerated. Foods that are easy to chew and swallow should be added to the diet as soon as possible. Avoid acidic, spicy, hard, or crunchy foods as they may cause pain or bleeding.

Finally, if you have any questions or concerns, please call.

Greenville (903)454-6481

Rockwall (972)772-4200

McKinney (972)548-7555