

# Jason Boole, MD, FAAOA

Ears, Nose & Throat • Sinus, Allergy and • Sleep Apnea Specialist



## Post-Operative Instructions Tonsillectomy and Adenoidectomy

The most important thing is to stay hydrated. This may mean tiny sips of water or juice. Avoid acidic liquids or foods. Popsicles are soothing and will help. The goal is to have clear urine every 4 hours. Patients who are not able to maintain adequate hydration may need to go to the ER for IV hydration. Avoid drinking through a straw as this could increase the risk of bleeding.

There are no strict restrictions on ice cream or milk. These may be soothing and will help with hydration but may cause excessive mucous in the throat. Consider sherbet or popsicles instead.

Avoid any hard or crunchy foods. Consider protein shakes and/or Ensure meal replacement drinks. Soft pasta is good but avoid tomato sauce due to its acidity. Mashed potatoes are also good. Avoid anything that could scratch the throat.

Use acetaminophen every four hours on schedule, even if not needed, to stay ahead of the pain. Follow the instructions on your prescription to avoid too much acetaminophen per 24 hours. Be careful because the narcotic medication contains acetaminophen as well. Adults should never exceed 4000mg per day to avoid liver damage.

Motrin or ibuprofen may be used as well to help with the pain. There is a small chance that it could increase bleeding risk but this is considered to be minimal. Ibuprofen will help control the pain in addition to the acetaminophen. This may decrease the narcotic usage.

Use narcotic pain medication as needed but it may cause constipation and upset stomach. Use the narcotic medication as a backup.

Regardless of pain medication, expect at least 2-3 weeks of severe pain. Ear pain is also common– it is actually referred pain from the throat.

Bleeding does occur in about 5% of patients. This usually occurs 7-10 days after surgery. If there is a little blood, you may try gargling on ice water. If there is a large amount of blood, either call 911 or go to the nearest emergency room. Generally, there may be some initial bleeding which forms a clot and give us time to take care of it. We may need to return to the OR and there will always be an ENT available on call at Fort Walton Beach Medical center to take care of this.

For any questions, call our office at 850-889-4550. If it is after hours, you will have the option of being connected to an on-call physician. If it is an emergency, do not call our office, call 911 or go the ER.

Phone: 850-889-4550 | Fax: 850-807-5217 | [www.NWFENT.com](http://www.NWFENT.com)

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