

Tonsillectomy/Adenoidectomy Discharge Instructions

Care of the Surgical Site:

- Take your medication as directed. It is important to keep yourself comfortable so that you are able to eat and drink.
- Expect some ear pain and/or a slight fever. This can be relieved by liquid Acetaminophen (Tylenol or Tempra). Avoid Aspirin or Aspergum.
- If antibiotics have been prescribed, take them as directed.
- Avoid coughing, hacking, excessive throat clearing, and gargling.
- Expect your breath to smell. This can be relieved by drinking fluids, chewing gum and/or brushing your teeth.
- A grey membrane in the throat is normal healing tissue.
- As the healing scab comes off, there may be bleeding in your throat. Apply ice to the front of your neck and lay down to rest. Should the bleeding continue and becomes excessive, go to the nearest Emergency Department.
- A funny voice or snorting is normal for several weeks.
- Black, tarry stools or vomiting of dark blood after the operation is normal, as blood has been swallowed. This should clear up within 2 or 3 days.

Diet:

- Do not use straws.
- Drink lots of fluids (1-2 litres/day) at room temperature. Popsicles may be soothing. It is recommended that acidic juices (orange, tomato etc.) and milk be avoided.
- Eat soft foods that require little chewing and are easier to swallow for the first few days. Examples: ice cream, custard, puddings, Jello, eggs, soup, cooked cereal.
- Avoid foods with small seeds and sharp edges. Examples: chips, cookies, toast.
- As your throat becomes more comfortable, start eating foods that you normally would eat.

Activity:

- Get as much rest as possible for the first 4 or 5 days.
- When you are lying or sitting down, do leg and breathing exercises at least every hour while you are awake.

- Return to work/school in 1 week if you are feeling well enough.

Follow-Up:

- Keep the office appointment as arranged. Should you need to change it, contact Dr. Hanson's office: 519-631-6391

CALL YOUR SURGEON OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF YOU HAVE:

- Fever or chills (temperature of 38.5 C/101 F or higher).
- Uncontrolled/excessive bleeding.
- An increase in pain that is not relieved by pain medication when taken as directed.
- Nausea or vomiting lasting more than 24 hours that is not relieved by anti-nausea medication (Gravol).

IF YOU ARE UNABLE TO REACH YOUR SURGEON, go directly to the Emergency Department for medical attention.