

Ear, Nose & Throat Specialists of Nashville

Things to Know After Surgery

Tonsillectomy/Adenoidectomy

Tonsillectomy may be a very painful procedure, particularly for adults. The post-operative pain that children can vary greatly; some may have no pain whereas others may experience as much pain as adults. The following is important information regarding caring for the patient post-operatively.

- **DO NOT PUT FINGERS IN MOUTH.** The white scabs that form in the back of the throat may be irritating. Do not attempt to remove these by ANY METHOD. This might cause bleeding and require another operation.
- **Drinking fluids is paramount.** Dehydration may make the pain of tonsillectomy worse and eventually necessitate admission to the hospital.
- Patients should drink enough to urinate at least 3-4 times per day.
- Eating is optional. There are no restrictions on what is eaten.
- **Call Dr. Williams/Dr. Holzen at (615) 832-2200 if you notice bleeding from the mouth.**
- If bleeding from the mouth is profuse, proceed immediately to the nearest **Emergency Department**.
- If adenoidectomy was performed, the patient may have bad breath for days following surgery. This is normal.
- There will be whitish scabs in the mouth where the tonsils were removed. It looks like infection, but is a normal response to healing.
- The patient should **refrain from strenuous activity** for at least 2 weeks.
- Do not take pain medications other than Tylenol or the medication prescribed by Dr. Williams. This may increase the risk of bleeding.
- Pain medication may not alleviate all of the pain from surgery. Its main goal is to make it tolerable enough for the patient to drink.
- Patients may return to work or to school when they are no longer taking prescribed pain medication, as long as no strenuous activities are undertaken.
- Patients sometimes lose weight after surgery. This is normal & will likely be regained after patient heals.
- Swelling of the uvula (i.e., soft tissue that hangs down in the back of the mouth) is normal. It is only a problem if the patient is choking on it or if it obstructs breathing.
- Pain may worsen about 3-4 days after surgery. This is normal as swelling may be maximal at that time.
- Instructions for giving pain medications for children is listed on the back of this form.
- Ear pain after surgery may be quite normal. This is called referred ear pain and is usually caused by pain in the throat. If it is associated with drainage from the ears or a fever higher than 101⁰, please call the office nurse during normal work hours.
- **Expect a phone call in 2-3 weeks. If you do not receive a call in 2-3 weeks please give our office a call.**

Patient Name