



## ENT & ALLERGY CENTER OF AUSTIN

2765 Bee Caves Road, Suite 205, Austin, Texas 78746  
1730 E. Whitestone Blvd., Suite 100, Cedar Park, Texas 78613  
4112 Links Lane, Suite 204, Round Rock, Texas 78664

(512) 328-7722 (phone)  
(512) 328-7724 (fax)  
www.austinentmd.com

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### ***Tonsillectomy Post-op Instructions***

#### **The days following surgery:**

- 5-7 days of rest is required and avoid heavy lifting or physical exertion until your doctor permits you to do so.
- Gargling or excessive clearing of the throat should be avoided.
- Take in lots of fluids! Children may require significant attention to keep well hydrated. It is normal to be somewhat of a battle to keep smaller children drinking fluids.
- Foods: Avoid harsh citrus fruit juices such as orange, lemon, pineapple, or hot and highly seasoned foods - No sharp foods such as bacon, dry toast, etc.
  - a. Day of Surgery -Take abundant quantities of liquids including water, jello and sherbert.
  - b. Day after Surgery -May add malted milks, chocolate pudding, cottage or cream cheese, mashed potatoes, pureed vegetables or any other soft food that is appealing and can be swallowed without too much difficulty.
  - c. Days 3 and 4 after Surgery -May add soft cereal, eggs, chopped meats, or boiled hot dogs. From this point on, any foods, which are not rough, may be taken in.
- There are no bathing restrictions.
- If there have been no complications you may return to work or school in 5 to 7 days, but limit your physical activities.
- Call your doctor's office for a follow-up appointment. You should be seen 7 to 10 days after your surgery.

#### **Answers to FAQ's on post-op issues:**

- A sore throat and earache upon swallowing are to be expected. Encouraging fluids and foods will speed recovery.
- A mild elevation in temperature is usually an indication of not taking enough fluids.
- Mouth odor may be observed for 7 to 10 days and is usually relieved by adequate fluid intake.
- Call your physician's office if bleeding from the throat, temperature elevation above 101, severe constant earache, or a persistent cough develops.
- Breathing complications with children after general anesthesia occur rarely. The symptoms are croupy sounds when breathing in, noisy gasping sounds or abdominal tension with breathing.
- If you were given steroids during surgery or prescribed steroids after surgery, you may experience an elevation in anxiety or sleep disturbances. Less common symptoms are hallucinations.
- If you were given narcotics/pain medication during surgery or prescribed narcotics after surgery, watch for urinary retention. This is especially common in males over 50 or males with a history of prostate problems. Contact your physician if you are unable to urinate within hours of your surgery.
- With all patients, common symptoms with narcotics/pain medications are itching without rash and nausea. If rash or vomiting develop after taking a medication please contact your physician

#### **Medications:**

- If your doctor ordered medication, take as he or she directed. If you have questions regarding your medication, please check with your pharmacist or doctor.
- Tylenol is usually adequate for children.
- Do not take Aspirin products.
- Motrin may be taken for breakthrough pain if absolutely necessary, but can tend to thin the blood so do not use in cases of excessive bleeding.
- Do not drive or operate any machinery or drink alcoholic beverages for 24 hours or while taking narcotics.
- In older children or adults, an ice collar or cold compress to the neck may be soothing.

*It has been a pleasure to serve you.*