



**TONSILLECTOMY
PRE-OPERATION INSTRUCTIONS
and
PATIENT INFORMATION**

BEFORE SURGERY:

1. Do not take any aspirin, Ibuprofen or prescription drugs like Motrin for at least 2 weeks before surgery. Tylenol (acetaminophen) is okay to take.
2. Do not eat or drink anything after midnight the night before surgery.

AFTER SURGERY:

1. Do not take aspirin/ibuprofen after surgery for at least 2 weeks. Use Children's Tylenol Elixir (red liquid) for pain, using the dosage guidelines on the bottle. Generic acetaminophen elixirs may be used if they don't have alcohol in them (it burns!).
2. Force fluids to maintain hydration and keep the throat wet. Mild non-acidic juices (i.e. apple and apricot), soft drinks and popsicles are suggested. Soft foods like jello, ice cream, custards and mashed foods are more easily swallowed and should be eaten as soon as tolerated. Hot, spicy, rough and scratchy foods obviously are to be avoided. Gum chewing is encouraged, as it keeps the throat wet and encourages swallowing.
3. A cold mist vaporizer used at night in the bedroom will reduce pain by preventing dry air from contacting the tonsillar area. This is particularly true during the winter months when dry forced air or panel electric heat is in use.
4. Stay at rest (couch, bed) for three days after surgery. Keep visitors to a minimum. No strenuous physical activity for two weeks after surgery. Do not blow your nose for ten days after surgery (sniff, don't blow).
5. If we have you on antibiotics, they are to be continued for seven days after surgery unless otherwise instructed.
6. Adults, if we have given you a pain prescription, remember all these medications cause nausea. Take them only if you need them as nothing hurts more than vomiting after a tonsillectomy.
7. Someone needs to be with you when you go home, at least for the rest of the day of surgery.
8. For 24 hours after surgery, do not drive, make any critical decisions, sign any legal documents or care for any dependent persons. Because of anesthesia and medications, you could be a bit groggy and uncoordinated.

WHAT IS NORMAL:

1. Throat pain is normal and will be worst during the first three days and persist for a week to 10 days. Children will occasionally awaken at night as their throats dry. A vaporizer will help as will Tylenol given at bedtime.
2. Ear pain is referred from the throat and will often seem more severe and last longer.
3. Fever up to 101.6 degrees often occurs for the first 24 to 48 hours after tonsillectomy. Adequate fluid intake will usually take care of this.
4. Foul breath is normal and will get better as time passes
5. Yellow-white patches will be present for several days where the tonsils were.
6. After the first week, the patches will come off and a little bleeding may occur.

WHAT IS ABNORMAL: (CALL SHOULD ANY OF THESE OCCUR)

1. Fever over 101.6 degrees.
2. Pain getting worse instead of better after the first three or four days.
3. Bright red bleeding which lasts more than a couple of minutes.