

160 West 18<sup>th</sup> Street  
New York, N.Y. 10011

Tel: 212 366-0848  
Fax: 212 366-0847

## Post-Operative Care: Tonsillectomy & Adenoidectomy

- 1. Oral Intake:** Be sure you take in enough fluids to prevent dehydration. If you or your child refuse to drink, you must FORCE fluid intake; otherwise you may require admission to the Emergency Room or Hospital for intravenous fluid replacement. I recommend apple or grape juice and other sugary drinks such as Hawaiian Punch, ice tea, Gatorade, etc... Avoid acidic juices such as orange, grapefruit or pineapple- they really burn. Start eating when and what you can- begin with soft foods such as Jell-O, pudding, and pasta; advance to regular food as tolerated. Chicken broth and other soups are also very good, just not too HOT or COLD!
- 2. Pain Relief:** Children should use Pediatric Tylenol up to every four hours- the amount based on the child's weight (follow instructions on the label). Adults can use either Tylenol or Tylenol with codeine; the adult dose for Tylenol with Codeine Elixir is approximately 3-4 tsp. every 4 hours as needed (more or less can be used based on your body weight and tolerance.) Avoid any product that contains aspirin or ibuprofen (Advil, Nuprin or Motrin)- they promote **Bleeding!**
- 3. Infection:** The use of antibiotics following tonsillectomy is controversial. Their use can help prevent post-operative infection and overall may afford you less pain and earlier intake of food. If you or your child develops a rash or diarrhea while on antibiotics, their use should be discontinued. Rinsing with warm salt water (saline) several times a day and after eating is also useful in preventing infection and is strongly recommended. Note: if you notice the throat turns white at the tonsil region- don't be alarmed- this is NOT an infection, but simply the way the throat appears during the healing period.
- 4. BLEEDING:** It is not uncommon for patients to have a small amount of blood tinged saliva or bloody discharge from the nose (especially adenoidectomy patients) within the first 24 hour following surgery. Should heavy bleeding occur, try gargling with ice water as a temporizing measure and contact me. Any patient with brisk bleeding should proceed to the nearest Hospital Emergency Room for immediate care.
- 5. Follow Up:** Please call my office (212) 366-0848 to schedule a follow up visit for approximately 2 weeks following your surgery. Plan on taking a week off from your job to recuperate, and remember, it can take up to 3 weeks to completely recover from this procedure. If you encounter any other problems, you can contact me through my answering service at (212) 366-0848.

Hang in there! William Portnoy