

## **TONSILLECTOMY / ADENOIDECTOMY POST – OPERATIVE INSTRUCTIONS**

- Patients are expected to have a sore throat following surgery. This may last for 10 to 14 days, although young children tend to recover more quickly.
- The patient is encouraged to take in liquids as soon as possible and very often following the surgery. Avoid citrus juices or anything too hot or too cold. In general, any food that is comfortable to swallow is safe.
- Ear pain is completely normal and does not mean that an ear infection is present.
- Patients may run a low grade temperature from 99 - 101.4 the first 1-2 nights after surgery. This is normal and should be treated with Tylenol.
- A bad smell may be present in the nose and throat for up to a week after surgery, this is normal.
- White scabs form in the throat after surgery, this usually falls off about one week after surgery. Occasionally a small amount of blood will be coughed up at this time. If the bleeding lasts more than 10-15 minutes or if it is brisk, call the office immediately. Have the patient sit forward and cough up any blood.