

## **NO Advil, Motrin, Ibuprofen, Aleve, Aspirin, or Aspirin products for 2 weeks prior or until 2 weeks after surgery unless ordered by your physician.**

### **PRE-OP INSTRUCTIONS FOR TONSILLECTOMY AND ADENOIDECTOMY**

1. After the patient has been seen in the office, surgery will be scheduled.
2. Call the office regarding any colds, fever, or exposure to any significant disease before surgery. Surgery may be cancelled if the patient is ill.
3. The patient is to have NOTHING TO EAT OR DRINK after midnight the night before surgery.
4. Required lab tests are to be completed 7-10 days prior to the scheduled surgery. The pre-admission papers will also be completed at that time.
5. Let the doctor know, and tell the nurse upon admission, about any loose teeth.
6. Discharge will be the afternoon of the surgery day or in the morning the day after surgery.
7. Report any ALLERGIES to medication or drugs.
8. Report any bleeding tendencies of the patient or family history of the same.
9. Report any deficiencies of immunizations.
10. If pregnancy is suspected please notify your Doctor for surgery should not be performed at this time.

### **POST-TONSILLECTOMY INSTRUCTIONS**

1. The patient should remain quiet for at least five days after having their tonsils removed. (This does not mean in bed.)
2. A whitish, scab-like membrane will form on the tonsil area after the first few days. On about the 5th to 9th day, this membrane comes off. This is usually accompanied by more severe throat pain (or earache) for 24-72 hours. Also, some bleeding, usually minimal, may occur at this time. The bleeding usually lasts 15 minutes or less.
3. The patient may run a temperature of 101 degrees. This is normal.
4. You will be given a prescription for pain medication, which contains Tylenol, to take after surgery, or you can take over the counter Tylenol as needed if pain is not severe.
5. If the fever is 102 degrees or greater, please call our office.
6. It is essential that patients take fluids. One glass of fluid for every waking hour is best. Gatorade is excellent because it contains essential electrolytes. Food intake is to be encouraged. The more you eat the better you heal.
7. The patient will complain of ear pain for up to 10 days. This pain is referred from the tonsil area and has nothing to do with the ears. This is also true if the tonsillectomy included a myringotomy.
8. Should the patient experience any bleeding it is usually controlled by an ice collar to the neck and bed rest. If bleeding persists for longer than 15-30 minutes, please call the office. If you are unable to reach the doctor, go to the Emergency Room of St. Vincent Hospital.
9. Normally, children will be absent from school for up to a week, and an adult will be absent from work for about 2 weeks.

### **POST-TONSILLECTOMY DIETARY INSTRUCTIONS**

1. Avoid citrus fruit juices, such as orange and lemon, and hot and highly seasoned foods for the first week.
2. First day: water, ice chips, ice cream or Popsicles.
3. Second day: strained cereal, malted milk, jello, custard, beef and chicken broth, etc.
4. Third and fourth days: soft foods, such as mashed potatoes, soft cereals, soft boiled and poached eggs, milk toast, etc.
5. Around fifth day: regular diet is gradually resumed. Avoid meats that might be difficult to swallow. Hamburgers and hot dogs are quite satisfactory.
6. Remember that although foods are important for the first week, FLUIDS ARE ESSENTIAL.
7. Older children and adults will tend not to want to chew due to discomfort. However, chewing is very important in order to shorten the length of those early painful days. Bubblegum is very helpful to encourage the use of the jaw muscles and relieve the spasm which contributes greatly to the pain.
8. The average weight loss of older children and adults is about 10 pounds. Don't worry, it will return all too quickly.
9. Avoid red liquids if patient is nauseated and/or vomiting.