

Ear, Nose & Throat Center of Austin

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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.