

## WHAT TO EXPECT AFTER SURGERY

### TONSILLECTOMY AND/OR ADENOIDECTOMY

The following general guidelines have been provided for you to review before your surgery. Please keep in mind that not each surgical experience will be the same for everyone. If you have any questions or concerns, our nurses would be more than happy to assist you.

Generally, adults have a longer recovery period than children do. Throat pain may be the most severe for the first 3-5 days after surgery, but may last for up to two weeks. Your doctor may prescribe pain medication, which will help to minimize discomfort. It is important to drink plenty of fluids after surgery. This will help thin secretions in the throat, which will decrease pain and make swallowing easier.

Ear pain following surgery is very common and does not mean that the patient has an ear infection. This happens because the nerves that control sensations in the throat are connected to the nerves in the ears. This pain usually lasts for a few days, and can be controlled by applying a heating pad or warm compress to the ears for 10-20 minutes as needed.

With removal of the adenoids, patients may complain of having a sore or stiff neck, which is very normal. Applying heat to the neck may help to alleviate this. It is also common for adenoidectomy patients to run a low-grade fever even up to a few weeks after surgery. Acetaminophen (Tylenol) can be used to help bring the temperature down. If the fever becomes greater than 101, please call our office. Family members may complain that the patient has foul smelling breath following surgery. This is normal and usually dissipates within 7-10 days.

Eating after surgery may pose a challenge for some patients, especially children. Fluid intake is more important than food intake immediately after surgery. For the first day or so, cool liquids are a good choice, including water, non-acidic fruit juices (apple, grape), fruit flavored drinks, popsicles and “slushie” drinks. As soon as liquids are well tolerated, the patient may progress to soft foods. Some choices include soups, soft cooked eggs, mashed potatoes, macaroni and cheese, or pureed fruits and vegetables. Products containing milk such as yogurt, pudding, milk shakes or ice cream can be thicker in consistency and harder to swallow. Thinning these with a little water or juice may make swallowing easier. Avoid fried foods and foods with sharp edges such as chips or pretzels for at least ten days after surgery.

General healing time after surgery varies from person to person, and it may take up to a couple of weeks for the patient to feel “back to normal”. If you have any questions or concerns either before or after surgery, please contact our office.