

TONSILLECTOMY INSTRUCTIONS

1. Avoid aspirin or aspirin-like products for three weeks before and two weeks after surgery. These include ibuprofen (Advil, Motrin, Nuprin), naproxen (Aleve, Naprosyn), and Celebrex. Tylenol (acetaminophen) is acceptable if you need a pain reliever.
2. Do not eat or drink anything after midnight prior to the morning of surgery. This includes water and sucking candy. You may brush your teeth. If you take medication regularly, ask us first if you should take it the morning of surgery.
3. After discharge from the hospital, go home immediately. Children should remain in bed for the first day and out of school for one week. Adults should remain home and quiet for one week. Most patients do not feel fully recovered for about two weeks.
5. Diet. In general, start with liquids and progress to soft foods as tolerated. Avoid very hot or spicy foods as well as food with hard edges (potato chips, pretzels, dry toast). Avoid tomatoes, citrus juices, and vinegar as these may cause burning in the throat. A sample diet is attached.
6. Pain and discomfort. Tylenol or Tylenol with codeine or hydrocodone is encouraged for the first few days after surgery. I will provide you with a prescription for this, as well as for an oral antibiotic. Ear pain is common after surgery, and may be helped by chewing gum and drinking plenty of fluids. Nausea and vomiting due to the anesthesia are common for a day or so. If it persists or gets worse, call the office. Bad breath is common, and can be relieved by drinking lots of fluids. It is common to run a low fever after surgery. If the temperature reaches 101.5°, call the office.
7. Bleeding. If there is any bleeding, try gargling gently with ice water. If the bleeding does not stop immediately, call the office. If bleeding is severe, get to the nearest emergency room or call 911. In order to avoid bleeding, try not to sneeze, cough, blow your nose hard, or forcibly clear the throat. If you must sneeze, do so with your mouth open.
8. There may be a voice change associated with removal of tonsils or adenoids. Usually this is temporary, but occasionally it is permanent.
9. If there are any questions after the operation, call the office at (914) 686-3950.

TONSILLECTOMY DIET

First day:

1. Drink several glasses of water (lukewarm is less irritating than cold).
2. Encourage other fluids by frequently offering jello, ice pops, lukewarm broth or cream soups, and non-citrus fruit juices (pear, apple, grape).
3. Milk, pudding, and ice cream are acceptable in small quantities, as long as they don't produce too much coughing and throat clearing due to phlegm.
4. Refined cereal (farina) and eggs (boiled, poached, or scrambled) are okay.

Second day:

1. Add strained vegetables (pureed or soft), mashed potatoes, cottage cheese.
2. Finely ground beef or chicken, spaghetti without tomato sauce.

Third day and later:

1. Gradually resume normal diet as tolerated.
2. Avoid citrus juices (orange, lemon, grapefruit) and tomato sauces - they make the throat burn.
3. Avoid hot or spicy food, potato chips, nuts, dry toast, pretzels and crackers.