HOME CARE HANDOUT
TONSILLECTOMY/ADENOIDECTOMY

This instruction sheet is designed to help you care for your ear(s) following surgery, and to answer many of the commonly asked questions. Please read the entire sheet carefully. Feel free to call us with questions or concerns you may have. If the nurse cannot address your concerns, a doctor will return your call or you may be asked to come to the office.

What to Expect

- After tonsil (and/or adenoid) surgery it is normal to have a sore throat for 7-10 days.
- To decrease the discomfort of the sore throat it is important to drink plenty of fluids (at least 2-3 8oz. glasses of fluid per day).
- The sore throat may get worse 5-8 days after surgery. Remember to drink lots of fluids and take your medication to help decrease the discomfort.
- Often people will experience pain in their ears. Usually there is nothing wrong with the ears; pain from the tonsil area refers to the ears. This ear pain may be worse at night.
- Do not blow your nose for 1 week.
- Do not take aspirin, ibuprofen, or products containing them unless instructed otherwise by Dr. Jacob.
- It is normal to have a low grade fever 100° to 101° for 1-7 days. If higher than 101.5° call your doctor.
- The area where the tonsils were removed will appear raw and grayish in color. The scab area will fall off in approximately 10-14 days. It is normal to have an increase in discomfort when this happens.
- Bad breath is part of the normal healing process.
- Sometimes bleeding can occur from the mouth or nose as late as a week after the operation. Please contact Dr. Jacob if any bleeding occurs.

Nutrition

- Try to avoid salty snacks such as potato chips or pretzels for the first two days following surgery. Try to avoid crunchy foods or foods with sharp edges.
- Some patients have less of an appetite, but it is very important to continue to drink fluids.
- Drinking fluids will help lessen the discomfort.

Safety Information For Giving Medications

- EACH TIME YOU GIVE A MEDICATION READ THE LABEL.
- Do not measure liquid with a kitchen spoon. There are pediatric measuring devices available at the pharmacy. Ask for one when you get your prescription filled.
- Use the exact amount ordered by your surgeon. If you have questions ask your pharmacist.
- Always watch your child take ALL of their medication.
- Store all medications out of reach of children.
- Call the Arizona Poison & Drug Information Center if your child takes too much of any medicine at 1-800-222-1222.
Your First Follow-up Appointment

- Call the office 520-694-1000 for a follow up appointment at the time recommended by Dr. Jacob. Sometimes this appointment may be with your referring otolaryngologist or pediatrician/primary care doctor, in which case Dr. Jacob will send a letter detailing your surgery and recommended follow-up care before you see the physician.

Important Phone Numbers

University of Arizona Medical Center
- (520) 694-1000 Dr. Jacob’s office - (follow-up appointments)
- (520) 694-1000 Dept. of Surgery Specialty Otolaryngology leave message for nursing station (post-op questions)
- (520) 694-6000 Hospital Operator (after hours questions) Ask for ENT physician on call.