



THE UNIVERSITY OF ARIZONA  
MEDICAL CENTER

University Campus

1501 N. Campbell Ave., 50PC

Tucson, AZ 85724

Office: (520) 694-1000

Fax: (520) 694-6101



Home Care Instructions

**Abraham Jacob, M.D.**

**Department of Surgery/Division of Otolaryngology  
Otology, Neurotology, and Cranial Base Surgery**

MEDICAL RECORD#

DOB

NAME

VISIT#

## 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.



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### **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.