



Post-Operative Care Instructions for Tonsillectomy and Adenoidectomy

Pain Management

- **Expected Pain:** Pain is normal after tonsillectomy and may increase about a week post-surgery as scabs fall off, exposing sensitive underlying tissues.
- **Medications:** Take prescribed pain medications regularly for the first week. If oral medications are ineffective, young children may receive suppository pain medication.
- **Additional Tips:** Frequent chewing and staying hydrated may alleviate pain.

Diet and Hydration

- **Food and Drinks:** You can eat anything you like. Even if you don't feel like eating, drink plenty of liquids. Avoid acidic or spicy foods if they irritate your throat. Experiment to find tolerable foods.

Activity and Recovery

- **Rest:** Essential after surgery. Typically, school and work can be resumed after the first week, but some may need up to 2 weeks for full recovery. Avoid strenuous activities.

Common Post-Surgery Symptoms

- **Bad Breath:** Common and should resolve in about 2 weeks.
- **Bleeding:** Light bleeding or blood clots from the nose after adenoidectomy are common. When bleeding occurs after tonsillectomy most cases usually resolve with rest and ice water gargles. Avoid coughing, if possible, to prevent bleeding. When in doubt call to ask.
- **Fever** is common in the first 24-48 hours after adenotonsillectomy.

Normal Post-Surgery Findings

- Thick, white scabs in the back of the throat
- A swollen uvula
- Ear pain
- Bad breath

When to Call the Doctor or proceed to the emergency room

- **Severe neck stiffness** accompanied by fever, fatigue, and headache
- **Fever over 38.5°C** not resolved with paracetamol or recurrent fevers
- **Signs of dehydration:** little to no oral intake, lethargy, dark urine
- **Persistent bleeding** that doesn't stop after initial measures (seek emergency care)
- **Vomiting bright red, black or brown vomit** (seek emergency care)
- **Difficulty breathing** (seek emergency care)

Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially during operations or after hours.