Alyeska Center for Facial Plastic Surgery & ENT

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**Pre and Post-Operative Tonsillectomy and/or Adenoidectomy- Adult Care**

**What to Expect After Surgery:**

You will experience some pain or discomfort after surgery, usually a sore throat and/or an earache. An earache does not mean that your ear is infected. Sometimes pain from the throat is felt in the ear and may even be more severe in the ear. It will be controlled with pain medication. Do not use any aspirin, because it can increase the risk of bleeding.

A low-grade fever of 99-100.2 degrees F is common for the first 24 hours. If your fever stays over 101.5 degrees for 6-8 hours, call the office.

Fluidsare very important for you after surgery try clear cool liquids for the first 24 hours. Some suggestions are apple juice, Jell-O, or popsicles. Sometimes after removal of the adenoids, thin liquids will go up the throat to the nose. If this is an issue, try sipping liquids through a straw. Avoid hot liquids, spicy foods and citrus drinks. No peanuts, popcorn or potato chips. Also, wait for 24 hours before consuming milk or milk products.

You may start to eat some soft or firm foods after the first 24 hours. Some suggestions are popsicles, ice cream, french toast, oatmeal, macaroni & cheese, mashed potatoes and soups. Chewing gum may actually speed healing by promoting chewing, swallowing and formation of saliva. Almost everyone, including relatively slender patients, lose several pounds in the first 10 days after surgery. Virtually all regain the weight when the pain associated with swallowing resolves in (5-10 days). Adequate liquid intake speeds recovery.

**Activity:**

Quiet activities around the house are best for the first few days. When the scabs are forming about 5 to 7 days after surgery, you may feel tired or have worsening pain. You will probably need to plan to stay home for 5 to 10 days after surgery. You may return to physical activities when you return to work, school, etc.

**Other Changes You May Notice:**

After the adenoids are removed, you may have a small amount of reddish drainage from your nose. Call the office right away if there is a constant drip of blood or bright red drainage.

Your tongue or palate may become swollen. This normally goes away in about 1 week. Your throat may have white or grey-white patches for a while. These are normal and will disappear once the throat has healed. You may also notice a change in your voice or snoring. In a few weeks these will improve. Scabs will form in your throat 5 to 7 days after surgery. They will fall off 7-10 days after surgery. While they are falling off, you may see small amounts of chocolate-colored mucus. If there is bleeding you may try gargling repeatedly with cold water. The bleeding should stop in 15-30 minutes. If it should continue call the office immediately, if severe call 911 or go to your closest emergency room.

You will return to see the doctor 3-4 weeks after surgery.

**When to Call the Doctor:**

* If you have a fever over 101.5 degrees F for 6 to 8 hours during the first week after surgery.
* If you have extreme pain.
* If any bleeding occurs or you vomit blood.
* If you vomit more than 4 times during the first day (24 hours).
* If you do not drink anything for over 24 hours and become lethargic.

If you have questions or concerns following your surgery please contact our office.