

Tonsillectomy and Adenoid Surgery Instructions

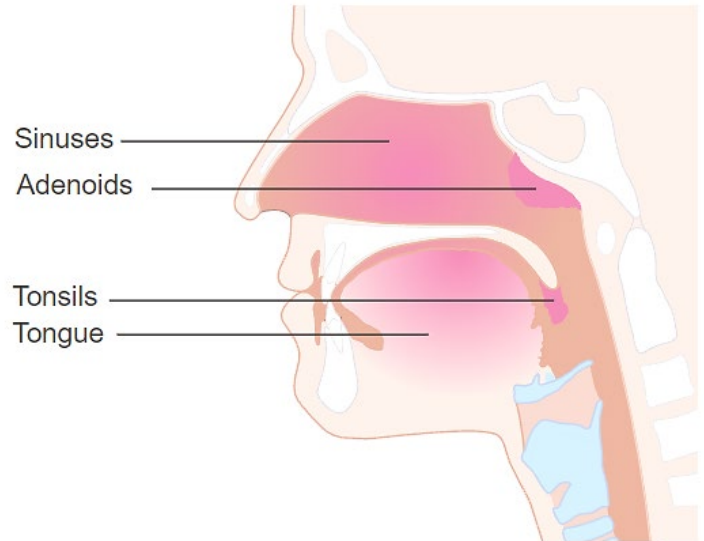
What are tonsils and adenoids?

Tonsils are lymphoid soft tissue masses located at the rear of the throat (pharynx). Their role is to filter and stop germs entering the body through the mouth or the nose.

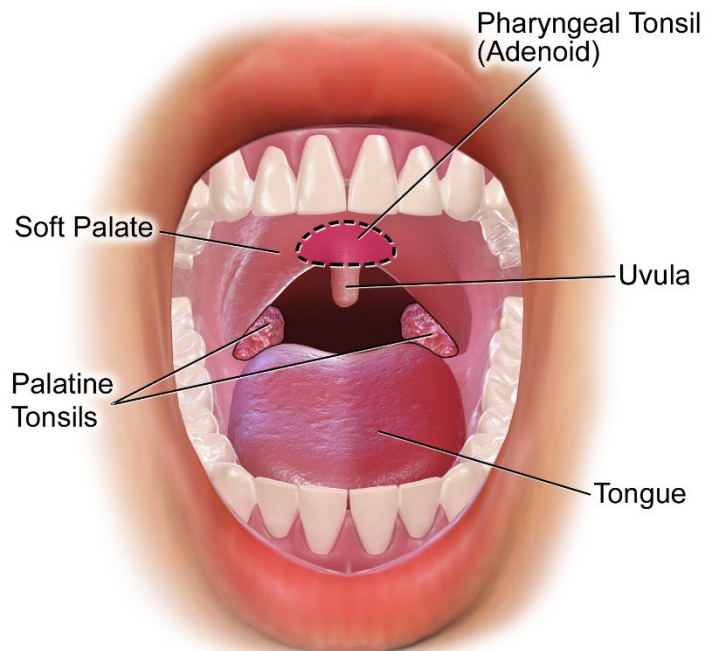
Adenoids are another portion of the germ fighting system. These are made of tonsil tissue located in the back of the nose. Adenoids are present at birth and in childhood, but in adolescence they start to shrink. By adulthood, most people's adenoids have shrunken considerably or disappeared.

What do I need to buy before my procedures?

- Stock up on your favorite nonalcoholic fluids
- Humidifier for nighttime (optional)
- Read the educational tools provided to help improve your recovery



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Tonsils

Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1 (2). DOI:10.15347/wjm/2014.010. ISSN 2002-4436., CC BY 3.0

What are my instructions before the procedure?

Avoid foods and medications that can increase risk of bleeding. These were mentioned during your pre-surgery consult. However, here are a few of the items (does not include everything) to avoid. If you are questioning any supplement or medication, please call the office for directions.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs):

Advil® (ibuprofen)	Aleve® (naproxen)	Anaprox® (naproxen)
Arthrotec® (diclofenac)	Cataflam® (diclofenac)	Clinoril® (sulindac)
Daypro® (oxaprozin)	Disalcidv® (salsalate)	Feldene® (piroxicam)
Haltran® (ibuprofen)	Lodine® (etodolac)	Medipren® (ibuprofen)
Midol® (ibuprofen)	Motrin® (ibuprofen)	Nalfon® (fenoprofen)
Naprelan® (naproxen)	Naprosyn® (naproxen)	Nuprin® (ibuprofen)
Orudis® (ketoprofen)	Relafen® (nabumetone)	Tolectin® (tolmetin)
Trilisate® (salicylate)	Voltaren® (diclofenac)	

Weight-loss products and nutritional or herbal supplements:

Alpha-lipoic acid	Acetyl- l-carnitine	Cinnamon	Camomile	Creatine
Echinacea	Ephedra	Fish Oil	Garlic	Ginger
Gingko biloba	Ginseng	Glucosamine-Chondroitin	glutamine	Goldenseal
L-carnosine	Licorice	Kava	Milk thistle	Multivitamins
Omega-3	Resveratrol	Skullcap	St. John's wort	Vitamin E

What can I expect after the surgery?

Department of Otolaryngology: Head and Neck Surgery
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- Bleeding may occur within the first 24-48 hours and can return 7-10 days after surgery when scabs start to fall off the tonsil beds. On your first and second night check the back of the throat with a flashlight for bleeding.
- Persistent spitting or vomiting of bright red blood is abnormal—notify your doctor.
- A low-grade fever under 101 degrees Fahrenheit is common and typically related to dehydration, as are white patches on the back of the throat. These are a normal part of the healing process.

What are my food or fluid instructions after the surgery?

- Drink lots of fluid to keep the throat moist and to prevent build-up of too much crusting. Liquid is essential. Start with ice chips, sips of water, or your favorite juice drink, then progress to at least an 8-ounce glass of liquid. Cold liquids, non-acidic juices, sherbet ice cream, and Popsicle's are tolerated better within the first 24-hour period.
- Progress to soft foods gradually (Jell-O, custard, soft-boiled or scrambled eggs, pudding, mashed potatoes).
- Avoid acidic foods/juices (orange, tomato), salty and fried foods (potato chips, french fries)
- Your body requires extra protein to heal, so try and work this into your diet. Here are some suggestions: <https://michmed.org/AYqnn>

What kind of activity can I do after the surgery?

- Rest with limited activity at home for first 24-72 hours. Keeping the head elevated is helpful (use 1 -2 pillows).
- Avoid lifting, straining, or vigorous activities (things that could increase heart rate and blood pressure) for 2 weeks. This will help minimize possible bleeding.

How will I take care of the surgery sites?

- Check the oral cavity with a flashlight a couple times a day for first 24 hours or if there is new bleeding or pain.
- Gentle brushing of teeth is ok. Avoid mouthwashes that are alcohol based.

How do I manage pain at home?

- Take prescribed pain medications for the first 72 hours, which is how long it takes swelling to peak.
- A severe sore throat after surgery is common and will limit chewing. You may also experience pain to the ears. Take pain medication as prescribed every 4-6 hours, as needed. Swallowing will be easier 30 minutes after taking pain medication.
- Typically, the scabs fall off between 7-10 days. You may have an increase in pain when the scabs come off. This is normal and due to an exposed raw surface after the scab sloughs. This increase in pain can continue for 24-48 hours. Continue your pain medications during that time.

When can I return to work?

Typically, you will be off work for at least 1 week, or possibly 2 weeks, depending on the type of work you do. If your job involves lifting greater than 10-20 pounds, plan on being off for 2 weeks.

Follow-up care:

You will only have a return appointment if your surgeon recommends it. They are happy to see you for a follow-up, but they do not mandate an in-office appointment after surgery.

When should I call the doctor?

- Excessive bleeding or vomiting blood.

- Persistent clear vomiting. This can occur early in the post-operative period related to anesthesia and can also be a side effect of narcotic (opioid) pain medications. One episode would be considered normal.
- Dehydration-not urinating normally (as often as you did before surgery.)
- Fever over 101 degrees Fahrenheit.
- Pain, pressure, or fullness in the ears lasting longer than 10 days.

What is the contact information?

- Monday through Friday, 8 AM to 4:30 PM:
 - The Call Center takes all calls, call (734) 936-8051 and they will get the message to the correct team of nurses.
- After 4:30 PM, weekends or holidays:
 - Contact hospital paging at: (734) 936-6267. Ask for the Otolaryngology (ENT) resident on-call for your surgeon.

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