

# DREW S. SAWYER, M.D.

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## OTOLARYNGOLOGY

### **Tonsillectomy and Adenoidectomy Post-operative Instructions**

#### **Instructions:**

Drink plenty of cold fluids. Apple juice, Gatorade, water, ice chips, popsicles, Jell-O and other soft non-abrasive foods should be encouraged. Avoid orange juice and grapefruit juice and other acidic beverages. Avoid toast, pizza, cookies, and crackers.

Add soft foods as tolerated.

Take the prescribed pain medication as needed for pain. This can be alternated with ibuprofen every 3 hours. The pain tends to be worse in the mornings after sleeping for many hours without pain medication.

Rest for the first week. You may not feel ready to go back to work/school for up to 2 weeks.

#### **General Information:**

**Bleeding:** Bleeding can occur up to 14 days out from surgery. Because of this risk, we recommend that you not travel during the post-operative recovery period. For a small amount of bleeding from the mouth drink ice water. If the bleeding is steady a lot of bleeding occurs, go to your nearest emergency room for evaluation. For children, we recommend Dell Children's Hospital. For adults, we recommend Seton Medical Center.

**Pain:** You should expect pain for up to 2 weeks after surgery. The pain medications will help, but may not alleviate all of the pain. The pain may also fluctuate from day to day.

**Fatigue:** You should expect to feel tired for the first week after surgery. Rest and allow your body to recover. Most patients plan on taking 2 weeks off of work/school to recover.

**Voice:** A temporary change in your voice is common after surgery. This typically lasts a day or two but may last up to 2 weeks.

**Postoperative visits:** You will have a postoperative visit at 3 weeks. If you have problems prior to that time, call our office and we will make arrangements to see you sooner.

#### **When to Call After Surgery:**

Fever >101.5

Severe pain not controlled with pain medication.

Continued nausea and vomiting.

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**Who to Call After Surgery:**

If you are experiencing an emergency call 911 or go to your nearest emergency room.

During business hours (M-F 8:15AM-4:30PM) call the clinic at 512-593-5200.

For after-hours issues that cannot wait until the next business day, please call the answering service at 512-323-5465 and ask for the doctor on call for Dr. Sawyer (ENT).