



ENTGROUP OF CLEVELAND, INC.

Otolaryngology-Head and Neck Surgery

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PRE-OP AND POST-OPERATIVE TONSIL AND ADENOID SURGERY INSTRUCTIONS

BEFORE SURGERY:

1. If the patient is ill the week prior to surgery please call my office.
2. Do not allow the patient to have anything to eat or drink after midnight the day before the surgery.

AFTER SURGERY:

1. Use Advil 3 to 4 times a day for 5 days. Use other pain medications **IN ADDITION** if pain is severe. Use chewable Advil or Motrin (do not use the liquid because it burns).
2. After surgery the patient may have water, milk, ice cream, or whatever he or she can tolerate. Solid food will not harm the throat. Encourage the patient to drink fluids. Chicken soup or broth soothes the throat.
3. If the patient has not had a bowel movement by the evening of the day following surgery, give a mild cathartic such as Milk of Magnesia or Castoria.
4. You may expect any or all of the following symptoms as they frequently occur following tonsil and adenoid surgery:
 - A. Ear pain is a common symptom following a tonsillectomy. This is usually due to referred pain from the operated area.
 - B. Slight fever. This is usually due to dehydration. Encourage liquids until urine has no odor and little color.
 - C. For a week to ten days the throat will be stiff and sore. Chewing bubble gum will relieve this discomfort.
 - D. If the patient has some bleeding from nose (after adenoidectomy in children) use Neosynephrine 1/2 % nosespray – 2 puffs each side of nose every 5 minutes x3 if the bleeding persists. If this does not stop the bleeding call Dr. Wladecki's office. Approximately one week to 10 days after the procedure a small scab or clot may be coughed up. **THIS IS NORMAL.**
 - E. Bad breath after a tonsillectomy is normal.
 - F. If any **blood** appears in the mouth, have the patient gargle with ice cold water. If the bleeding persists call Dr. Wladecki's office.
5. **Do not use aspirin as aspirin will sometimes lead to late bleeding. If medication is needed for fever control or discomfort use Motrin (ibuprofen) or Tylenol.**
6. The patient should not be involved in strenuous activity (gym class, bending over, or lifting heavy objects) for ten days.
7. Call the office for a post-operative check-up (no charge), **make an appointment for 2 weeks from the day of surgery.**
8. If any problems arise, please call Dr. Wladecki.
9. Do not look in the throat or mouth.