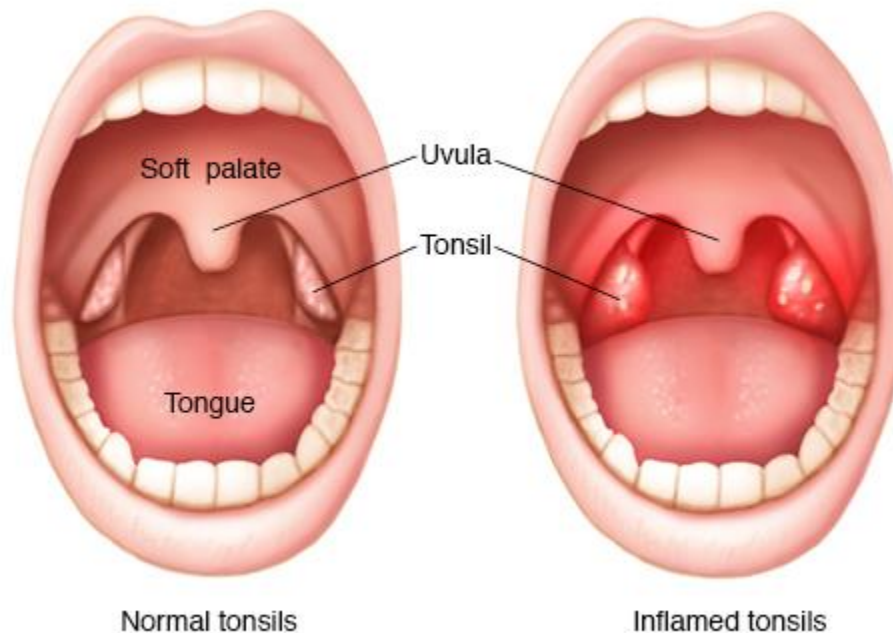


# Tonsillectomy

Tonsillectomy (ton-sil-EK-tuh-me) is the surgical removal of the tonsils, two oval-shaped pads of tissue at the back of the throat — one tonsil on each side. Recovery time for a tonsillectomy is usually at least 10 days to two weeks.



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**\*\* 1-2 days prior to your surgery, you will be contacted by the Surgery center regarding arrival time. \*\***

A few days prior to your surgery, you will also be contacted by the Registered Nurse regarding medications to be taken **after** your procedure. You will be prescribed a liquid antibiotic, liquid steroid, and liquid pain medication.

# **TONSILLECTOMY WITH OR WITHOUT ADENOIDECTOMY**

## **PRE-OPERATIVE INSTRUCTIONS**

### **DIET**

It is very important for the safety of surgery, to have an empty stomach at the time anesthesia is administered. Please follow the instructions given to you during your pre-operative phone call. A good general rule of thumb is to eat or drink nothing after 10 pm on the night before surgery.

### **INFANTS TO AGE 6**

- May have formula if completed 6 hours prior to arrival time
- May have breast milk if completed 4 hours prior to arrival time
- May have clear liquids (water, pedialyte, clear apple juice) if completed 2 hours prior to arrival time

### **MEDICATIONS**

Since aspirin and aspirin containing products can cause increased bleeding in some people, it is important to avoid these medications 2 weeks prior to surgery, unless otherwise advised by your physician.

#### **AVOID THESE MEDICATIONS BEFORE SURGERY**

- Alka-Seltzer, Anacin, Ascpitin, BC, Bufferin, Cheracol Capsules, Cope, Coricidin, Darvon Compound, Firoinal, Dristan, Empirin, Excedrin, Midol, Sine-Aid, Sine-Off, Percodan, Naprosyn, Motrin, Clinoril, Stendin, Tramancin, Vanquish and many others
- If you are in doubt about a medication, please call our office.
- You will be advised on other meds to stop when you receive your pre-operative nurse call from Beaumont about 2 weeks before surgery.
- It is very important that you provide information about **ALL** medications you take, including vitamins, herbal supplements, diet pills and over the counter medications.

## **POST-OPERATIVE INSTRUCTIONS**

### **DIET**

1. The most comfortable foods for the first few days after surgery include very soft foods such as ice-cream and jello.
2. Progress your diet as you desire, depending on your throat discomfort.
3. Fluid intake is important for keeping throat secretions from becoming too thick, and it provides exercise for throat muscles. Suggested fluids include water, juices and tea.

## **MEDICATIONS**

1. You may be prescribed liquid pain medication, liquid steroids and a liquid antibiotic. Please take as prescribed by your physician.
2. Children may take Tylenol Elixir for pain OR their prescribed pain medication as needed.
3. **NO ASPIRIN** products should be taken until advised by your physician.

## **NORMAL SIDE EFFECTS AFTER SURGERY**

- It is normal to have a sore throat for 7-10 days. Use prescribed pain medication as needed.
- You may also reduce throat stiffness by gargling warm saline solution (8 oz. water with ½ tsp. of salt)
- You may feel general fatigue for up to 7-14 days.

## **LIMITATIONS AFTER SURGERY**

- Physical activities should be limited for approximately 10 days, including vigorous play/exercise, running, contact sports and heavy work.
- Children may return to school approximately 5 days after surgery if they feel well.
- Adults may return to work when ready unless it involves heavy manual labor.
- YOU NEED TO FOLLOW UP IN THE OFFICE ABOUT 7-10 DAYS AFTER SURGERY. THE PHYSICIAN WILL INFORM YOU OF UPDATED ACTIVITY GUIDELINES.

## **COMPLICATIONS AFTER SURGERY**

- Bleeding after tonsillectomy/adenoidectomy is uncommon, but it is the most frequent complication. The majority of bleeding occurs in the first 2 hours after surgery.
- If you have nosebleeds, are spitting up blood in saliva or vomiting blood, **CALL THE DOCTOR IMMEDIATELY**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.**

**586-799-1212**