TONSILECTOMY OR ADENOIDECTOMY

Home Care Instructions:
- Drink a lot of fluids. Avoid acidic juices like orange juice. This is important to prevent dehydration and to keep the throat moist.
- Eat soft foods when you feel ready. Advance diet as tolerated. Avoid hot & spicy or acidic foods as well as rough, crispy or sharply textured foods for two weeks.
- Rest for the first two days. Advance activity as tolerated after surgery. If a child feels well, they may return to school, however avoid vigorous activity for several days (let your physician know if an excuse note is needed).
- Do not take aspirin or ibuprofen or products containing those medications for two weeks.
- Tylenol® or Children's Tylenol® may be taken as directed on the package.
- Avoid heavy lifting or strenuous activity for two weeks.
- See your physician as scheduled following the procedure.

Hints & Tips:
- Prepare before surgery to have necessary items at home:
  - Jello (not red!) may be used to increase hydration and protein intake (this may make the patient feel better faster). We often recommend not to chill this so that it may be taken in its liquid form.
  - Popsicles and/or lollipops may be used to increase swallowing (not red!).
  - Using an ice pack to the throat may be helpful.
  - A cool mist vaporizer (especially at night and in the winter) may help to keep the throat moist.
  - Chewing gum between meals (when age appropriate) can help to keep the muscles of the throat relaxed and promote greater ease of swallowing.

Possible Side Effects:
- Nausea and drowsiness are common after general anesthesia.
- It is normal to experience some throat discomfort. This can be improved by frequent swallowing (lollipops or popsicles may be used).
- It is normal to experience a low grade fever.

Contact your Physician if:
- There is any sign of bright red bleeding from the mouth or nose.
- Pain is not relieved with the pain medications.
- You have a fever above 101.5º or a lower grade fever for more than 3 days.
- You have any questions or concerns.