

Hill Country Ear, Nose, and Throat, P.A

42 Gruene Park Drive

Phone: 830-629-5830

New Braunfels, TX, 78130

Fax: 830-629-3647

Tonsillectomy and Adenoidectomy

Tonsils and Adenoids: The tonsils are located in each side of the throat. The adenoids are located in the back of the nose. They are part of the immune system, however, removing them does not lower your resistance to infection.

Tonsillectomy and Adenoidectomy: May be recommended by your doctor to eliminate the source of repeated ear, nose or throat infections. This procedure may also be recommended for snoring and obstruction of the upper airway. It is usually preformed under general anesthesia as outpatient surgery. The tonsils and adenoids are removed through the mouth.

Risks (Identifying and reducing them)

- 1. Bleeding from the throat:** This is uncommon; however, it can be serious. It can occur up to 2 weeks after surgery. For this reason, the patient should be closely supervised by a responsible adult for 2 weeks following surgery. **The patient and family should not travel out of town or go to an area where a hospital is not nearby (i.e. like camping) for at least 2 weeks.** The patient should avoid taking any blood thinning medications or herbals (aspirin, garlic, etc.) for 2 weeks before and after the surgery. If there is any bleeding notify the doctor's office promptly by calling 830-629-5830. If there is a large amount of bleeding (more than a few tablespoons) or bleeding that continues for more than a few minutes, notify the doctor's office and go directly to the nearest ER.
- 2. Dehydration:** This occurs due to inadequate fluid intake and/or vomiting. This can be avoided by drinking plenty of fluids and ice chips. This is more common in small children. Dehydration may cause reduced urine output or dark urine. Dehydration can also make the patient feel tired and irritable as well as cause a low-grade fever. A child should be urinating 3-4 times each day. If the patient becomes dehydrated, and cannot drink enough fluids, it may be necessary for them to receive IV fluids at the hospital.
- 3. Pain:** This can occur for up to 2 weeks after surgery. The pain usually gets worse during the first week, maximizing about 5-7 days after the surgery, then it decreased during the 2nd week after surgery. Sometimes the pain will radiate to the ear. A liquid pain medicine with narcotic and Tylenol will be prescribed. This pain medicine may be taken every 4 hours for the first few days and then take it as needed to reduce the pain. If the pain is not severe, regular Tylenol can be taken as needed. Remember, however, do NOT take aspirin other pain medicines that contain aspirin.
- 4. Other risks:** Loose teeth or loosened braces can occur during surgery. Please notify the doctor of loose teeth or hardware in the mouth before surgery. Escape of air or fluids through the nose can occur after large adenoids are removed or if the palate does not function normally. This is uncommon and is usually



temporary. Rarely patients can have temporary soreness or stiffness in the neck muscles after the surgery. Notify the doctor's office if any of these conditions occur. You can discuss the risks of anesthesia with the anesthesiologist.

What should be expected after surgery? Sore throat and fatigue are normal. Nausea and vomiting can occur for the first 24-36 hours after surgery, until the anesthesia medicines are eliminated. If nausea is severe or persistent a prescription medicine may be needed. Discourage the patient from coughing or gagging as this can cause increase pressure in the throat. Low grade temperature (100-101 degrees) is common. While the tonsil wound heals it will develop a soft white scab, which is normal. A prescription for liquid antibiotics will be provided to reduce the growth of bacteria in the throat while it heals. Bad breath is normal. Ear pain is common.

What foods are ok to eat? Plan on eating soft foods that are nutritious for the first 2 weeks after surgery then advance to regular food. Examples of soft foods: mac and cheese, peanut butter, thin lunch meats, refried beans, mashed potatoes, scrambled eggs, pancakes, oatmeal, cream of wheat, soft fruits like peaches and bananas, etc. **Let ice chips melt on your tongue and keep your throat wet at all times.** You can make flavored ice chips or eat popsicles all day long. Drink plenty of water, Kool-Aid, Gatorade. **DO NOT** eat tough, crusty, or crisp foods (i.e. pizza crust, hamburger, corn chips, etc.) After your follow up appt in 2-3 weeks you will most likely be cleared to return to regular diet. **DO NOT** drink any alcohol or smoke. It is ok to brush your teeth. It is ok to use a straw for drinking thin liquids.



What activities are ok? Plan on **resting at home indoors for 2 weeks.** Do not lift anything heavier than 10 pounds. Doing homework and paperwork may be possible the second week after surgery. Read, watch TV and movies. After your follow, up visit in 2-3 weeks after surgery you will most likely be cleared for strenuous activity and sports.



What medicines will I take after surgery?

- 1. Pain Medicine:** A liquid pain medicine with narcotic and Tylenol will be prescribed. This pain medicine may be taken up to every 4 hours as needed to reduce the pain. If the pain is not severe, regular Tylenol can be taken as needed. Motrin, Ibuprofen or alleve can be taken for supplemental pain medicine. Motrin, Ibuprofen and alleve do have a mild blood thinning effect so it is best not to take these several days in a row.
- 2. Antibiotics:** A prescription for liquid antibiotics will be prescribed to reduce the growth of bacteria in the throat while it heals. This may help reduce some pain after tonsillectomy.
- 3. Steroids:** A prescription liquid steroid will be prescribed to reduce inflammation at the surgical sites. This may help reduce some pain after tonsillectomy.

Contact the doctor's office @ 830-629-5830 if the following occurs:
Bleeding occurs (see above), Fever over 102, Persistent vomiting, Dehydration
Medication reaction, Difficulty breathing, any other problems or questions.



You can visit www.entnet.org for additional information. Click on public and patients, then click on health info at the top of the page.