

# ENT Institute of NJ

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## Tonsillectomy/T&A POST-OPERATIVE CARE INSTRUCTIONS

### WHAT TO EXPECT

- Pain after surgery is common and may last up to 10 days
- Low-grade fever (less than 101 degrees F) is common
- Bad breath and/or stiff neck may occur
- Ear pain, especially with swallowing, is usually referred throat pain, not an ear infection
- Discolored patches or a white/grey membrane may be seen on the sides of the throat.

### BLEEDING

- A small amount of bleeding is unusual, but may occur up to two weeks after surgery. This small amount of bleeding is a sign of the scab separating from the healing area in the throat and can be treated by the following: (1) Gargle gently with a solution of half ice water/half Hydrogen Peroxide or (2) use ice chips by mouth or (3) apply an ice pack wrapped in a towel to the front of the neck. **Heavy bleeding that cannot be controlled in a few minutes should be treated in the Emergency Room of your local hospital.**

### MEDICATION

- Use prescribed pain medication as needed, if prescribed by Dr. Respler.
- Motrin®, Advil®, or Ibuprofen products must be discontinued two weeks before surgery and should not be used after surgery due to the increased risk of bleeding.
- Tylenol® or Tempra® may be used for pain according to package directions every 4 hrs as needed

### ACTIVITY

- Child may play inside after 1-2 days and outside after 3-4 days. No strenuous activity and travel for 2 weeks after surgery
- Child may return to school on average 7-10 days after surgery with no gym/strenuous activity for another 1-2 weeks

### DIET

- Drinking is very important to reduce pain and promote healing. Start with clear fluids and then introduce soft foods like ice cream, jello, apple sauce and yogurt. Introduce regular foods slowly, although hot, spicy and crunchy foods as well as orange juice, grapefruit juice and tomato juice should be avoided for the first two weeks after surgery. **Patient should not drink with a straw or eat food with bones for two (2) weeks after surgery.**

## Bilateral Turbinate Reduction POST-OPERATIVE CARE INSTRUCTIONS

### WHAT TO EXPECT

- Minimal bleeding from the nose can be expected after surgery up to 10 days after surgery
- Nasal congestion, swelling inside the nose and/or dry crusting of the nose for up to 14 days after surgery can be expected. When this occurs, saline nasal mist and Bacitracin ointment should be gently applied to the nose with Q-tip twice daily.

### POST-OPERATIVE VISIT

- Please schedule an appointment with Dr. Respler **three months after surgery** for normal post-operative care.