

## TONSILLECTOMY/ADENOIDECTOMY– Post-Operative Care Instructions

### WHAT TO EXPECT

- Pain, lasting up to 10 days and ear pain is usually referred throat pain, not ear infection
- Low-grade fever for 2-3 days post surgery and nasal crusting thereafter
- Nausea, vomiting or fatigue from the anesthesia, but should resolve within 12-24 hours
- Low grade fever (between 99 and 101°F), bad breath or stiff neck for a few days after surgery
- The feeling that there is a foreign substance or packing in the nose/throat
- Discolored patches or a white/grey membrane on the sides of the throat

### BLEEDING

A small amount of bleeding from the throat 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.**

### MEDICATIONS

- Motrin®, Advil®, or Ibuprofen products must be discontinued two (2) weeks before surgery due to the increased risk of bleeding.
- For patients 16 or older, use prescribed pain medication as prescribed by Dr. Respler. Tylenol® may be used for other patients according to package directions every 4 hrs as needed

### DIET AND ACTIVITY

- Patient may start resuming normal activity after 2-3 days, but restrict strenuous activity/ travel for 2 more weeks
- Patient may return to school 7-10 days after surgery with no gym/strenuous activity for another 1-2 weeks
- **Fluids are very important to reduce pain and promote healing.** Cold liquids, ices and ice cream tend to be soothing. Start with clear fluids and then slowly introduce soft foods like ice cream, jello, apple sauce and yogurt and then regular foods. 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.
- **No drinking with a straw or eating food with bones for 2 weeks after surgery.**

---

## TURBINATE REDUCTION– Post-Operative Care Instructions

### WHAT TO EXPECT

- Minimal bleeding from the nose up to 10 days after surgery
- The feeling that there is a foreign substance or packing in the nose
- Nasal congestion, swelling inside the nose and/or dry crusting of the nose for up to 14 days after surgery can be expected. Gently apply Saline nasal mist and Bacitracin ointment to the nose 2x daily.

### FOLLOW-UP CARE

A post-operative visit should be scheduled approximately **3 months after surgery**

### QUESTIONS?

Please call our office at **(201) 996-9200** with any concerns. We are honored to be part of your child's care.