GRANGER MEDICAL CLINIC

Granger Ear, Nose, & Throat
2965 W. 3500 S., West Valley City, UT 84119
office 801.965.3484

Post-Operative Instructions for Tonsillectomy with or without Adenoidectomy

This operation usually has a very painful post-operative period lasting up to 2 weeks. Ear pain and tongue numbness are common, but temporary. You will likely have difficulty swallowing anything, including your own saliva. Eating will be difficult. Avoid hard and crunchy foods for two weeks. It is important to stay hydrated. Dehydration, while uncommon, can be dangerous. Hard and crunchy foods may be reintroduced after 10 days.

Helpful tips for recovery:

1. Certain liquids will probably cause pain. These liquids include orange juice, tomato juice, V-8 juice or grapefruit juice. Stick to bland juices such as apple or grape juice. Soda pop, popsicles, and Jell-O are also good, as are lukewarm soups
2. You will have pain medication and should use it whenever the pain is sufficient to warrant its use. It should not be used more frequently than ordered. Eating and drinking will be least painful about 1 hour after taking the medication
3. Avoid eating anything that is coarse or sharp (i.e., chips, crackers, cereal, etc.) during the first ten days after surgery. It may scratch the back of the throat and cause bleeding.
4. Use a humidifier to keep your throat moist
5. Fever the night after surgery is common. Liquid Tylenol at appropriate doses is best for this. You should not have a fever the day after or during the rest of recovery. If fever occurs and is more than 102 degrees and persistent, call the office
6. Significant post-operative bleeding, while uncommon, can occur. If it occurs, you should notify Dr. Leonard immediately. If it is after hours, he (or the on-call physician) is available through answering service
7. Do not take aspirin for 2 weeks. It will increase the chance of bleeding. Tylenol is the best alternative. Motrin is okay in children
8. An earache is common after surgery. It is caused by the throat pain, and usually does not represent an ear infection or other problem. If hearing decreases with the pain, please notify Dr. Leonard
9. The follow-up appointment is about 2 weeks after surgery. That appointment is usually scheduled prior to surgery
10. You will have bad breath for approximately one month after the surgery. Should you look in the back of the throat, the tonsil area will appear to be covered with white debris. This is part of the normal healing process and should not alarm you
11. Please call Dr. Leonard if you have a fever of greater than 102 (except the night of surgery), dehydration, bleeding or if you are unable to urinate within 6-8 hours after surgery

If you have questions or concerns, please call our office at:

801.965.3484

After hours answering service/physician-on-call:

801.596.6650