



ROMEO C. AGBAYANI, JR., M.D.

EVAN R. RANSOM, M.D.

DANIEL W. FLIS, M.D.

1000 South Eliseo Drive, Suite #103, Greenbrae, CA 94904

Tel (415) 461-9770-Fax (415) 461-6744

Postoperative Surgical Care- Tonsillectomy & Adenoidectomy

1. Do not eat or drink after midnight the night before surgery. If you take medications regularly, consult with your physician.
2. Aspirin and aspirin-related products cause easier bleeding during and after surgery. Do not take these products for 2 weeks before and after surgery. Tylenol may be used.
3. For the first 2 weeks after surgery, activity should be limited by avoiding strenuous exercise, heavy lifting, and straining. These activities could lead to bleeding.
4. Adequate fluid intake is essential. You may wish to start with cool fluid like water, popsicles, and Jell-O. Advance your diet for the next 12 days to soft foods such as pasta and rice. A guideline for fluid intake is frequency of urination. If you feel dry and have not urinated after 6-8 hours, increase your liquid intake. Avoid hot foods or liquids, citrus, crispy, or spicy foods for the first 2 weeks. These products may increase your risk of bleeding.
5. Ear pain is common. Chewing will help avoid ear pain from inactive jaw muscles. Humidification may help the nose and throat feel better.
6. Some cough and thick mucus can be expected. White or black patches in the throat are a normal healing process. Bad breath is common. A nasal voice is not unusual.
7. Some streaks of blood in the saliva or blood from the nose is not uncommon after surgery. Vomiting after surgery may occur. If persistent bleeding occurs, or if it is rapid (the equivalent to a bad nosebleed), please call the doctor. For severe bleeding, go to the Emergency Room immediately.
8. You will be given prescription for pain medication and possibly an antibiotic. Take the pain medication routinely for the first 2 days as you are expected to have pain. For mild discomfort, Tylenol will suffice. Taking pain medications with food or juice may help reduce nausea. Also, if constipation occurs after taking pain medications, then prune juice or a mild laxative may help. Remember, do not drive or use dangerous machinery while taking pain medication. Also, avoid alcohol.
9. A low-grade temperature (99-100 degrees) is not uncommon. Call if your temperature spikes above 100 degrees.