

# DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

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## TONSILLECTOMY/ADENOIDECTOMY DISCHARGE INSTRUCTIONS

After tonsillectomy surgery there are raw areas on the side of the throat where the tonsil tissue used to be present. Whitish scab areas will develop over the next 3-21 days. It may take up to 2-3 weeks for these sites to heal and for the throat to return to its normal pink color.

Each patient's recovery time and post-operative pain level may be different. Some patients have mild pain and require only Tylenol for pain. Some patients require Tylenol with Codeine or other types of pain medication to control their discomfort. It is not uncommon to have a sore throat and "referred" ear pain for the first 7-14 days. If you have severe throat discomfort not responding to the pain medication, you may need to call your doctor for a stronger prescription. The earache may be severe but comes from the throat. Our patients are already on antibiotics which would cover any ear infection anyway.

The diet, after surgery, consists mainly of tolerating clear fluids on the day of the surgery until the post-operative nausea subsides. Recommended are ice chips, Popsicle, jello and clear fluids in the first day. It is important to encourage fluids to avoid any dehydration and to keep the throat clean and moist. The diet can be advanced after the day of surgery to include ice cream, scrambled eggs, soup, mashed potatoes, and macaroni and cheese. It is generally important to avoid and hard crusty type foods like potato chips, pretzels, pizza, and fruit, which may cause trauma to the throat area for the first 7-14 days. The patient should avoid any strenuous activity for at least two weeks after the surgery.

Things to watch after surgery include:

- 1.) Persistent vomiting that does not improve after the first 24-36 hours after surgery
- 2.) If the patient cannot keep fluids down, dehydration may occur. Signs of this are fever, dry mouth and decreased urination. If these symptoms occur, you should call your physician.
- 3.) A low-grade fever may be present for the first few days and normally improves with Tylenol by oral or rectal suppository. If the temperature stays over 101degrees and does not respond to Tylenol, you should call your physician
- 4.) Post-operative bleeding is unusual. It can occur from the time of surgery up to as late as 17 days after surgery. If the patient experiences any persistent bright red bleeding from the nose or the mouth which does not stop after a few minutes, then the doctor needs to be notified. If the doctor is unavailable, the patient needs to go to the nearest emergency room.
- 5.) Occasionally, the patient will have a foul breath odor, which normally subsides with the normal healing process. Frequent spraying of the nose with normal saline nasal mist may help with this odor.
- 6.) An appointment should be made to see your doctor for a post-operative visit approximately two weeks after the surgical procedure.
- 7.) Activity:  
May be up and about immediately.  
No restrictions on bath.  
May be out of doors in 4-5 days if weather is good.  
May return to school in 7 days, if without fever and much pain.  
No gym or recess for 2 weeks after surgery. Teacher will cooperate in this.  
No unlimited running, romping, swimming, climbing, bike riding, etc., until 2 weeks after surgery.

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8.) Diet: (for the first to second week)

- a. Large amounts of liquids. Lukewarm or iced tea is especially helpful.
- b. Cool, soft, non-irritating foods.
- c. Avoid hard foods, citrus juices.
- d. Chew gum one half hour before meals.

Activity:

- a. No exertion (running, jumping, heavy lifting, sports, etc.) for two weeks.
- b. Daily rest period for one week.
- c. Resume normal activities by two weeks.

General:

- a. No gargling.
- b. Discourage frequent coughing or clearing of throat.
- c. Protect from infection.
- d. Do not use a straw for drinking.
- e. Rinse mouth with peroxide/water 1/2 & 1/2 after eating and at bedtime for first week.

Signs and Symptoms of Impending Complications:

- a. Vomiting.
- b. Frequent swallowing – check throat for signs of bleeding.
- c. Ear ache with fever.
- d. Fever that lasts longer than three days.
- e. If any bleeding, call at once. If it is profuse, go to the nearest hospital emergency room and call the doctor at once.

Expected Results:

- a. Improved nutritional status.
- b. Decreased number of sore throats.
- c. Decreases illnesses.
- d. Improvement in obstructive symptoms (i.e., snoring, decreased hearing)
- e. Expect a white scab to form in the throat between 5 – 10 days post-operatively and to last three weeks,

Foods to encourage:

Non-citrus juices  
Kool-Aid  
Iced Tea  
Soups  
Puddings  
Ice-Pops  
Ice Cream  
Oatmeal  
Eggs  
Hamburgers  
Mashed Potatoes  
Pastas without tomato sauce  
Bananas  
Applesauce  
Jell-O

Foods to discourage:

Potato Chips  
Pretzels  
Toast  
Roast Beef  
Candy Bars  
Hard Candies  
Lollipops  
Fried Foods  
French Fried Potatoes  
Apples  
Pears  
Orange Juice  
Tomato Juice  
Citrus Fruits  
Cookies  
Crackers  
Doritos