

JOHN W. CURRENS, M.D.
RONALD W. LANE, M.D.
FRANK M. MELVIN, M.D.
ROBERT B. MOORE, M.D.
TED B. RHENEY, JR., M.D.
JASON M. ROBERTS, M.D.
STEPHEN R. SEAL, M.D.



Asheville Head, Neck and Ear Surgeons, P.A.

EAR SURGERY
FACIAL SKIN CANCER
MAXILLOFACIAL SURGERY
FACIAL PLASTIC SURGERY
OTOLARYNGOLOGY
ENDOSCOPIC SINUS SURGERY
HEAD AND NECK SURGERY
AUDIOLOGY AND HEARING AIDS

Post-Op Tonsillectomy and Adenoidectomy Home Instructions

Activity

- Up and about at home, but avoid vigorous, strenuous activity for 2 weeks.
- No excessive exercise or playing for 2 weeks.
- May brush teeth.
- Expect at least a week out of school or work

Diet

- Avoid milk based products for the first 12-24 hours.
- Drink lots of fluids! Good choices are: non-carbonated beverages such as Kool-Aid, and sports drinks.
- A cold, soft diet is recommended for 7 days. Good choices are: popsicles, Sherbet, Jell-O, pudding, custard, cooked cereal, mashed potatoes, and scrambled eggs.
- No hot food or liquids.
- Avoid tomato based products and citrus juices like orange and grapefruit because they may burn the throat.
- Eating and drinking helps healing and decreases pain because it exercises the sore muscles in the throat.

Pain

- An ice collar will help the throat feel better.
- Use pain medication for difficulty swallowing, earache, and inability to sleep.
- Cepastat lozenges may help with throat discomfort.
- Do not use aspirin, Aspergum** as these products increase the risk of bleeding.
- May use Advil, Aleve, Motrin if instructed to do so.

What to Expect

- The tonsil area will be covered with a white to grey-black film. This is part of the normal healing process.
- The mouth will have an odor for several days and this is normal.
- An earache is referred pain from the throat; it may develop and become worse after several days.
- Patient may have a fever for the first 48 hours and this is low grade.

Call Our Office For

Excessive bleeding from nose or mouth, or inability to drink fluids in 24 hours.
Consistently running a fever over 102 degrees Fahrenheit. A low grade fever is common for the first 1-2 days.

ASHEVILLE	EAST ASHEVILLE	BREVARD	HENDERSONVILLE	MARION
1065 Hendersonville Rd. Asheville, NC 28803 (828) 254-3517 FAX (828) 253-6960 1-800-228-3127	1000 Centre Park Dr. Asheville, NC 28805 (828) 254-3517	188 Medical Park Dr. 7-B Brevard, NC 28712 (828) 884-6702	709-D North Justice St. Hendersonville, NC 28791 (828) 698-2350	20 W. Medical Park Dr., Suite 2 Marion, NC 28752 (828) 652-9620