



TONSILLECTOMY/ADENOIDECTOMY POST OP INSTRUCTIONS

Tonsillectomy is the removal of the tonsils. Adenoidectomy is the removal of the adenoids. Both surgeries may be done together or only one may be done.

General Information

Recovering from an adenoidectomy is generally less challenging than recovering from a tonsillectomy. After a tonsillectomy, it's quite common to experience a gradual decline in how you feel over the first 3 to 4 days.

Staying well-hydrated by drinking plenty of fluids during the initial 7 days is extremely important. As your appetite improves, it's highly recommended to reintroduce solid foods and resume normal chewing. There are no restrictions on the types of foods you can eat. Your throat won't be harmed by any specific food. Suitable food options include ice cream, jelly, pasta, and toast.

Activity

You are advised to take it easy at home for the initial 48 hours. As your strength gradually returns, you can gradually become more active. Typically, you can expect to go back to work around 10 days after a tonsillectomy and approximately 3 days after an adenoidectomy. It's important to steer clear of strenuous activities for at least 14 days post-surgery.

Pain

After a tonsillectomy, you may experience significant discomfort in your throat and ears. To manage this, make sure to follow your prescribed pain medication schedule. Take the pain medication **REGULARLY**. Chewing gum is also recommended to help reduce muscle spasms and can be beneficial.

Bad Breath/Snoring

It's typical to experience bad breath following an adenoidectomy or tonsillectomy because of the healing process in the back of the throat. To help alleviate bad breath, you can gargle with a mild saltwater solution (mix 1/2 teaspoon of table salt in a glass of warm tap water). Chewing gum is also a helpful option. During the recovery period, many patients tend to breathe through their mouth and may snore due to swelling in the throat. This can persist for a duration of 2 to 3 weeks.

Bleeding

There should be **NO** bleeding from the nose or mouth. If you have any bleeding at all, sit upright and begin swishing the mouth out with cold ice water. This may help stop the bleeding (rinse and spit over and over). If there is anything more than a few tablespoons of blood, go to your nearest emergency department (Auckland City Hospital, Middlemore Hospital or North Shore Hospital) or call an ambulance if you have to.