

## The Ear, Nose and Throat Surgical Associates

### INSTRUCTIONS FOR CARE AFTER TONSILLECTOMY AND/OR ADENOIDECTOMY

- ACTIVITY:** Absolute bed rest is not necessary, but activity should be very limited for the first three days and no strenuous exercise permitted for the first week. No swimming for two weeks. Weather permitting, children may be outside.
- DIET:** Clear liquids only are to be used until all nausea is gone. This usually means while still in the hospital. Carbonated beverages are usually well tolerated. For the first week all soft foods that are easily swallowed are permitted. No rough, crisp, or sharp foods. This eliminated most of the raw fruits and vegetables. Hot food, citrus, and other acid juices and highly seasoned foods are often irritating to the throat. However, these restrictions still permit most of the cooked foods in a regular diet. After two weeks, a regular diet may be resumed.
- PAIN:** Pain on swallowing is to be expected and earache often occurs. An ice collar helps for the first day or two. Plain chewing gum helps relax the throat. Aspergum is to be avoided. You will be given a prescription for pain relief to be used every three or four hours. This may prove especially helpful if used before meals and at bedtime. The prescription may be used liberally and the frequency of the dose depends on the need for it. Some people will require it often and others only seldom. Pain may awaken the patient at night for the first few nights. Another dose of the pain reliever should be given for this.
- FEVER:** This is common following tonsillectomy and usually is mild. If it exceeds 102 degrees (orally) and does not resolve within 24 hours, please notify us.
- GARGLES:** Not advised.
- BLEEDING:** This occurs very infrequently. Should it do so, please notify us.
- FOUL BREATH:** This often occurs for a week following tonsillectomy and is not abnormal. It will clear when the throat fully heals. The white membrane in the throat is normal for about one week.
- VOICE QUALITY:** Often a “nasal” quality to the voice occurs. This will correct itself when the throat fully heals.
- BOWEL FUNCTION:** Since the eating habits are disturbed, the patient may seem constipated. This usually will correct itself without the use of laxatives when normal eating habits are resumed.
- POST-OPERATIVE EXAM:** As instructed by your physician.

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## DIET

### CLEAR LIQUIDS

Apple Juice  
Grape Juice  
Cranberry Juice  
Gatorade  
Flavored Drinks  
Carbonated Beverages  
(ginger ale, 7-Up)  
Jello-Gelatin  
Popsicles  
Chicken/Beef Broth  
Tea  
Coffee

### SOFT FOODS

Macaroni and Cheese  
Mashed Potatoes  
Soft-Cooked Eggs  
Oatmeal  
Cream of Rice  
Canned Fruit  
Applesauce  
Yogurt

### FULL LIQUIDS

Milk  
Milk Products  
Ice Cream  
Sherbet  
Custards  
Puddings  
Cream Soup  
Milkshakes

### AVOID FOODS THAT ARE HOT, SPICY, OR SALTY!

Pickles  
Pretzels

### AVOID FOODS THAT ARE ROUGH OR CRUNCHY!

Pizza  
Cereal