Instructions Following: **ADENOTONSILLECTOMY**

1. Your post-operative appointment has been scheduled for ________________ at ________________. If you have not already been given an appointment, call our office to obtain one. Our office number is (301) 997-0909. If your symptoms continue, please call the office for further instruction.

2. Should you have any questions after surgery, call our office. If the staff cannot answer your questions, they will consult with the Doctor and return your call as soon as possible. If you need to reach us for an emergency after office hours or on weekends, call our answering service at (800) 787-9416. Your call will be answered by a paging operator who will contact the Doctor on-call. Your call will be returned as soon as possible.

3. After your Adenotonsillectomy, you will develop scabs where the tonsils and adenoids were removed. They will be whitish in color. This scab takes about 5-7 days to come away. At this time you may experience some discomfort. In fact, it may seem that the pain radiates to your ears. You will be given a prescription for pain medicine and an antibiotic before you leave the hospital.

4. When the scabs are present, you may experience some bad breath. It is from the scab area, and rinsing, gargling or brushing the teeth does not usually help. When the scabs heal, the bad breath will disappear.

5. You may experience a low-grade fever (99.0-100.8) until your scabs have healed. If your temperature goes higher (more then 101.5) call the doctor. A fever several days after surgery almost always indicates early dehydration. Tylenol won’t bring down a fever caused by dehydration, but a glass of water can bring it down almost immediately. Children are at a bigger risk for dehydration, so encourage lots of fluids.

6. The risk of bleeding from the adenotonsillectomy is small, but we still ask you to rest for 7-10 days after the surgery until the scabs have healed. Children should play quietly indoors, playing games, watching videos, etc. This may actually be rather easy, because we are typically “run down” for a few days after any operation. Adults having this surgery should take this time off from work. Resting after any surgery not only lessens the risk of bleeding, but also promotes faster healing.

7. There are certain foods to avoid after surgery. We recommend you avoid: acidic drinks (orange, grapefruit and tomato juices), carbonated beverages (Coke, Pepsi, Ginger Ale, etc.), spicy foods (chili, hot Chinese food), peanut butter, dry, crunchy foods, (popcorn, peanuts, chips, dry cereals). Milk and dairy products can make your mucous feel more thick and uncomfortable. **It is important to increase your fluid intake.** Juices, popsicles sherbet, sorbet, Italian ice, jello, pudding and soft foods (eggs, macaroni and cheese) are good choices. Avoid the use of a straw during your recovery. Use of a straw may cause discomfort and irritate the tonsils scabs.

This information is provided to help answer many of the commonly asked questions. Please **SAVE IT** for reference during your recovery. Thank you for allowing our practice to provide your health care services. If you have any suggestions on how we can better serve you or your family’s health needs, please let us know. We welcome and appreciate your comments.