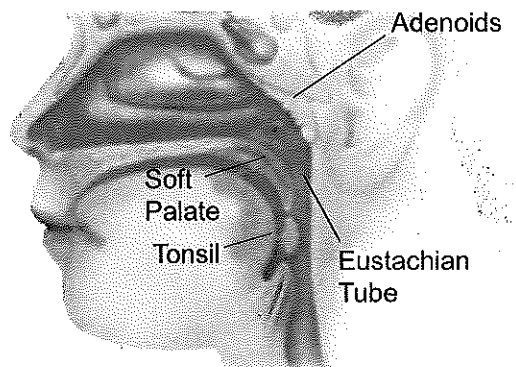


# Tonsillectomy and/or Adenoidectomy

Tonsils are lymph tissue in the back of the throat. Adenoids are lymph tissue in the back of the nose. They work together to filter out bacteria and to make new white blood cells. When they become infected, typically by Strep bacteria, they become inflamed and swollen. Tonsils and adenoids can be removed for a variety of reasons including chronic/recurrent throat infections, snoring, sleep apnea, and tonsil stones. Having tonsils and adenoids removed will not increase risk of infection; rather, the risk of throat infections is typically dramatically decreased.



## What to expect after surgery:

Typical symptoms as you are recovering include a low grade fever, sore throat, ear pain, difficulty swallowing and opening your mouth fully, bad breath, increased phlegm and nasal congestion, and louder snoring. These symptoms will last about 1 week but can last as long as 2 weeks.

- Call the doctor for bleeding, fever over 101 degrees that does not respond to Tylenol or Motrin; or dehydration. Any bleeding is abnormal and must be evaluated by a physician.

### Medications

- Pain medication should be taken around the clock every 4-6 hours as needed for the first 2-3 days. Do NOT wait until the pain gets bad before taking the medication! It can take up to 1 hour for pain medication to bring relief, so plan ahead. After the first few days you can try to space the doses out.
- Do not use Lortab/Norco or Percocet at the same time as Tylenol! Lortab/Norco and Percocet have Tylenol in them and you could accidentally overdose on Tylenol! If the prescribed pain medication is not enough to control your pain you can also use Motrin/ibuprofen for additional relief.
- Pain medication can cause constipation. You may use Colace as needed.

### Diet

- Drink plenty of fluids to keep the throat moist and to avoid dehydration.
- Diet should consist of soft, bland foods at first and progress to more solid foods as tolerated.
- Avoid crunchy and spicy foods for 2 weeks.

### Activity

- No strenuous exercise or lifting > 10 lbs. for 2 weeks.

**Please call our office 706-546-7908 with any questions.**