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INSTRUCTIONS AFTER TONSIL AND ADENOID SURGERY

1. When your child wakes up he or she may not feel well. They may feel upset or confused from the anesthesia but this should clear within 24 hours.
2. Your child will have pain or discomfort after surgery. It is normal that they have severe sore throat. Pain in the ears is common also and this is because the tonsils are close to the ear. This is generally not due to an ear infection, but a referred pain from the surgical area.
3. Give your child pain medicine as ordered but do not use Aspirin, Motrin, Aleve or similar products after a tonsillectomy. Give the child scheduled Tylenol every 4 hours for the 1st 48 hours then as needed. Use prescription pain meds only if Tylenol is not controlling the pain The prescription pain med has Tylenol in it so the child can have Tylenol **OR** the pain med every 4-6 hours. This will make it easier for your child to swallow and will decrease the likelihood of dehydration.
4. Many children run a fever for the first two to three days. If the child's fever is over 101.5 degrees for more than eight hours and does not come down with Tylenol please call our office. Dehydration is usually the most common cause of fever after T & A. If the child is starting to have fever, increase Hydration.
5. There should be no swimming for two to three weeks.
6. They can go back to school after one week from surgery and when they are feeling better and taking food consistently.
No PE for 2 weeks. We can provide excuses for you.
7. Bleeding, though a rare complication after tonsillectomy is not unheard of and if your child coughs or throws up blood please notify us immediately.
8. Severe nasal congestion can occur for a few days after surgery. Use ocean spray in the nose as needed for congestion. You may use over the counter Afrin 1 squirt in each nostril am and pm for the 3 days following surgery for severe nasal congestion.
9. No nose blowing. A small amount of reddish drainage from the nose is expected. Call if there is bright red drainage.



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10. Other things you may notice include a mildly swollen tongue, white or gray patches in the throat, changes in the voice or snoring as well as bad breath for one to two weeks. These things are all normal after surgery.

11. Drink lots of fluids. Clear, cool liquids are best. It is not so important when your child starts eating. The most important thing is that they drink until they are urinating freely. Their urine should be clear in color. This is an indication that they are getting plenty of liquids. When they become hungry their diet can transition into eggs, soups, oatmeal, macaroni, ice cream, mash potatoes, etc. Advance to the diet of their choice as tolerated. **NO** caffeinated beverages for 2 weeks after surgery.

12. Absolutely **NO** sharp items to eat for two weeks (corn chips, pretzels, popcorn etc.).

13. Please schedule a follow up visit for 2 weeks after surgery.

14. Again, call if there is fever over 101.5 degrees for more than eight hours without resolution with Tylenol, severe pain, bright red bleeding or vomiting more than three times during the first 24-hours.