

### Tonsillectomy in Adults

Tonsillectomy is one of the most common procedures performed. Physicians may recommend this procedure for chronic obstructive symptoms (snoring), recurrent infections, chronic tonsillitis, abnormal tonsil enlargement, or severe infections. This procedure is generally safe and is usually (but not always) done as a day surgery procedure. Tonsillectomy usually takes about 30 minutes to perform, and it is done under general anesthesia (the patient is asleep). Sometimes other procedures are done at the same time as the tonsillectomy. The trip to the hospital usually lasts about half a day, and the overall recovery takes about two weeks.

Tonsillectomy causes a sore throat for 7 to 10 days after surgery. Pain medications and antibiotics will be prescribed to help with the recovery. Ear pain, bad breath, difficulty swallowing, a change in voice, and mild weight loss are some of the expected symptoms after tonsillectomy and will improve with time. During the first 1-2 days of surgery, it is normal to have some blood in the saliva. The risks of the surgery include bleeding (in less than 5% of cases) and the risks of anesthesia (very uncommon). Dehydration can occur easily, so fluid intake is very important during the recovery.

Please review this information and ask your caregiver to do so as well.

It is important to stay in town during the recovery period after surgery (about two weeks) so that you can be treated for emergencies if they occur. Please speak to any of the office staff to schedule the first postoperative appointment, for 4 weeks after surgery.

- If there is continuous bright red bleeding, call 972-731-7654, and choose option 3 to speak to a nurse. Don't leave a message. Call again and ask operator to connect to a nurse. Try gentle cold water gargling, as this helps bleeding.

Take medications as prescribed. For additional pain control, over the counter ibuprofen can be alternated with the prescription pain medicine.

- Fever may occur up to 102 F after surgery. The prescribed pain medicine contains Tylenol to help with fever. It is important to encourage liquids to avoid dehydration. If fever persists despite the use of medications, notify the office.

- Activity should be restricted to quiet rest at home for 7-10 days. Exercise, sports, swimming, and other sports should be strictly restricted until about 2 weeks after surgery.

- Diet should begin with clear liquids (water, ice chips, Gatorade, Jello, popsicles,) on the day of surgery. Soft foods (ice cream, yogurts, scrambled eggs, rice, mashed potatoes) may be begun the next day. One can gradually begin a more normal diet, but scratchy foods such as crackers, carrots, popcorn, and chips should be avoided for 3 weeks.

- Nausea/vomiting may occur after surgery because of anesthesia and pain medications. Hold food, liquids, and medications for 2 hours, and then resume a liquid diet. If the symptoms persist, notify the office.

**If you have medical questions or concerns, please call 972-731-7654, and choose option 3 to speak to (or leave message) for the nurse. To expedite care, please note the patient's date of birth, spell the patients full name, and leave your name/relationship and best phone number. Thanks for choosing ENT Associates of Texas.**