

Dr. med. Florian Bethge · Dr. med. Ulrike v. Foerster

Ear-Nose-Throat-Specialists

Allergy · Pediatric ENT · Snoring & Obstructive Sleep Apnoea

Nasal & Sinus Services · Ear & Hearing · Vocal & Airway Disorders

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Tonsillitis and related disorders

What should be expected following a tonsillectomy?

1. After the procedure, the patient may experience moderate to severe throat and/or ear pain (The ear pain may start five to seven days after the surgery).

To help alleviate this pain:

Regular doses of the pain medication prescribed by your doctor should be given every four hours while the patient is awake. This should be continued for the first five to seven days. Your child may need prescription pain medicine for seven to ten days. This is completely normal. Please **do not use Motrin or Advil (Ibuprofen) products** after tonsillectomy for at least two weeks unless specifically instructed by your surgeon.

2. The use of cool compresses and ice collars on the neck, ice chips or constant sipping of fluids may also help decrease throat pain.
3. Your child may lack energy and/or act listless for several days following the surgery. The third day may be the worst.
4. Your child should rest at home for the first few days. Strenuous activity, rigorous play or contact sports should be avoided for two weeks. If the patient attends school, he/she can return to school seven days after surgery, but should not participate in gym class or recess for two weeks.
5. Bad breath may last for ten to fourteen days following the procedure.
6. Some nausea and vomiting may occur following surgery.
7. We strongly recommend that your child stay in the local area for a minimum of two weeks after surgery due to the small but important risk of bleeding.
8. A post-operative appointment is usually recommended about three, seven and about ten days after surgery.

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What are some reasons you should contact your doctor after surgery?

1. Fever between 99 – 101 (F) degrees may be noted for the first three to four days following the procedure. However, if your child has a fever over 102° (F) you should first consider how much fluid is being taken. If fluid intake is small, increase fluids and continue pain medicine. If the fever persists, please contact your doctor.
2. Nausea and vomiting may be noted after the procedure, but if the nausea or vomiting becomes persistent, interfering with fluid intake, or blood is noted in the emesis (vomit), your doctor should be contacted.
3. Your doctor should be contacted if fluid or food intake is too low.
4. Any bright red bleeding seen from the mouth or nose should be reported to your doctor immediately. If bleeding is noted, rinsing or gargling with ice water will help slow or stop it while you are calling the doctor.

No hard crunchy, foods (tacos, pizza crusts, pretzels, chips, etc.) should be eaten for two weeks after the procedure to help avoid irritating the area.