

Joplin Ear Nose & Throat

1920 E 32nd Street, Joplin MO 64804
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TONSILLECTOMY AND ADENOIDECTOMY PRE-OP AND POST-OP INSTRUCTIONS

PRE-OP INSTRUCTIONS

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY

IF THE PATIENT DOES EAT OR DRINK ANYTHING ON THE MORNING OF THE SURGERY, THE SURGERY WILL BE CANCELLED.

TIME TO ARRIVE: Notification of the time of surgery will be given by the surgery center 24-48 hours prior to the surgery date.

1. 10 days prior to surgery, DO NOT take any of the following: Motrin, Advil, Aleve, or other anti-inflammatory products; aspirin (unless you have discussed this with Dr. Walker and she has given specific instructions); herbal medications including fish oil, garlic pills and vitamin E; or diet/weight loss medications such as phentermine.
2. If the patient is currently taking **Warfarin, Plavix or Eliquis** – please contact the prescribing physician for specific instructions on how to stop taking these medications prior to surgery and re-start these medications after surgery.
3. If the patient takes any medications for the following conditions - **blood pressure, seizures, blood clotting disorders, diabetes, or other chronic health conditions**, contact the surgical facility to obtain instructions on taking these the morning of surgery.
4. If the patient has a chronic condition and sees a specialist for heart, lungs, kidneys, or seizure disorders, the patient will need to get surgery clearance. It is the patient's responsibility to contact the specialist and provide the clearance confirmation to our office, at least one week prior to your surgery.
5. DO NOT consume alcohol or take any tranquilizers or sleeping pills on the day of surgery.
6. Please contact our office if there is a fever over 101 degrees, the patient has nausea, vomiting, diarrhea, or a cough, or if there is a change in medications.
7. Bring a list of ALL medications the patient is allergic to and the reaction it causes.
8. Arrangement will need to be made to have a driver – they will need to be at check-in, stay during the procedure and be able to drive the patient home after the procedure.

POST-OP INSTRUCTIONS

1. Refer to the medication reconciliation form provided at discharge for instructions on new medications and when to resume your current home medications.
2. Resume diet slowly, starting with clear liquids. Advance to a soft diet – avoiding crunchy or sharp foods (cookies, chips, crackers...), to decrease your risk of bleeding.
3. Diet may be advanced as tolerated to include non-spicy and non-irritating foods. The patient should be able to resume normal eating habits in 7-10 days.
4. Fluid intake is important! Drink fluids frequently to prevent dehydration. Cool fluids will be more soothing to the throat. Avoid acidic juices, such as orange, tomato, and grapefruit.

5. If the patient refuses to drink due to pain, make sure they are taking their pain medication as prescribed and continue to encourage fluids. **FLUID INTAKE IS VERY IMPORTANT!**
6. Dehydration may lead to hospitalization for IV therapy. Signs of dehydration include: dry mucous membranes, urinary output less than twice per day, lack of energy and fever.
7. **Take pain medication as prescribed**, monitor amount of pain medication on hand and **be sure to call the Dr's office prior to Friday if a refill is needed.** If a rash, upset stomach or any other unusual symptoms develop, discontinue the medication, and call the physician's office.
8. To help manage pain more effectively, alternate Ibuprofen with prescribed pain medication. **DO NOT TAKE THEM TOGETHER!**
9. The patient should not return to school/work for 7-10 days following surgery. **Avoid vigorous or strenuous activity** to decrease risk of bleeding. The patient may return to full activities once the scabs have fallen off and healing is complete.

WHAT TO EXPECT AFTER SURGERY

1. Ear pain (this is not an ear infection)
2. Very bad breath
3. Throat pain which should ease up within 3-5 days after the surgery
4. Nasal drainage & nasal stuffiness for up to 2 weeks
5. The uvula, which is located in the back of the throat, may swell to a very large size temporarily
6. A low grade fever is normal for several days following surgery

WHAT IS NOT NORMAL AFTER SURGERY

1. Nausea or vomiting for more than 24 hours
2. Chills or fever over 101 degrees, which is unresolved with medication
3. Difficulty breathing with productive cough
4. Seizures or convulsions

IF ANY OF THESE SYMPTOMS OCCUR, CALL THE PHYSICIAN'S OFFICE, OR GO TO AN URGENT CARE OR EMERGENCY ROOM IMMEDIATELY. IF THERE ARE CONTINUED PROBLEMS AFTER THREE WEEKS, CONTACT OUR OFFICE TO MAKE A FOLLOW-UP APPOINTMENT.