



# EAR, NOSE & THROAT PLASTIC SURGERY CENTER

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## Risks and complications of Surgery

### Tonsillectomy and/or Tonsillectomy and Adenoidectomy

**Bleeding:** The major complication of tonsil surgery is bleeding. Usually, it is not serious, but it can be. Blood transfusions can be required as well as hospitalization and further surgery. The blood banks are very careful with the blood they release, but there is a small chance of transmitted infection from blood transfusion which cannot be avoided.

**Infection:** Is extremely rare due to use of antibiotics after surgery.

**Dehydration:** Especially with small children the throat may be so sore that the child will not swallow. This may cause dehydration and could require hospitalization with intravenous therapy until the child will drink. This is usually uncommon.

**Disturbance in Taste:** Rarely, an adult will complain of disturbances in taste, or an odd taste in mouth. This appears to be related to the healing process and may be prolonged.

**Nasal Speech:** Occasionally after tonsil and adenoid surgery, patients may talk through their noses. This usually goes away quickly. We have never seen a prolonged case of nasal speech following tonsil and adenoid surgery.

**Anesthesia Complications:** These are rare, but may be serious. You may discuss questions with the anesthesiologist.

## **POST-OP INSTRUCTIONS FOR: Tonsillectomy with or without Adenoidectomy**

**Diet:** Encourage fluids the first 48 hours. As tolerated, increase to a soft diet (pudding, creamed vegetables, mashed potatoes, etc.) then to a normal diet. **NO** hamburgers, hot dogs, pizza, or anything on a bun for **10 days**.

**ACTIVITIES:** Rest for 48 hours then resume light activities. Children may return to school after a week, though no gym class, sport activities, or working out for two weeks.

**PAIN:** Throat and ear pain are common. Liquid Tylenol with or without codeine may be used. The pain medication you are given will not eliminate the pain, but is meant to take the edge off and try to make the patient comfortable. The pain medication may need to be taken every four hours, and may need to be refilled. IF a refill is necessary, please call our office. Throat pain will decrease with chewing and swallowing and those should be encouraged. Ear pain is referred from the throat and will decrease with throat pain.

**BLEEDING:** There may be some blood-tinged mucus or saliva, however, if there is any fresh bleeding which persists for greater than 10 minutes, call our office. As the throat heals there are normal white patches (scabs) where the tonsils were. These will be swallowed 10-14 days after surgery.

**MEDICATION:** Use prescribed medication as instructed.

**TEMPERATURE:** Temperature elevation is common. If it is greater than 101, please call our office.

**FOLLOW-UP:** A postoperative appointment will be scheduled for one week.

## **POST-OP INSTRUCTIONS FOR: TONSILLECTOMY/ADENOIDECTOMY**

We hope these written instructions will be easy for you to refer to:

### **What to Expect:**

You may encounter the follow:

- 1) Sore throat from surgery
- 2) Ear pain: nerves from the throat go to the ear (this pain is not unusual)
- 3) Thick Mucus in the throat and possibly bad breath
- 4) Transient voice change
- 5) Occasionally liquids will go up the nose, but this is usually transient

**Activities:** If you have had general anesthetic, for adults you should consider yourself “intoxicated” for the entire day. You should not drive a car, operate machinery, or do anything else that might cause you injury from your impaired state. Adults and children should if applicable take one week off school.

**Diet:** Lots of fluids, this helps for faster recovery.

**Medications:** Take any regular medications as you usually do. We will provide pain medication and antibiotics as appropriate.

**Follow-up:** Please come to your follow-up appointment one week after surgery.

**Special Problems:** You may have blood tinged mucus, but if frank bleeding or excess blood is seen in your mucus **CALL YOUR SURGEON!!!**

- ☛ We cannot predict everything that might go wrong after your operation. If you have any special problems or questions which have not been addressed please call our office at any time (678) 838-3903.

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### MEDICATIONS TO AVOID

Due to bleeding problems encountered during surgery, please make sure that patients scheduled for surgery discontinue taking any of the following medications or any that are related to them for **TWO WEEKS BEFORE AND AFTER SURGERY.**

#### SALICYLATES

Aspirin  
Bufferin  
Anacin  
Alka Seltzer  
Easorin  
Zorprin  
Asciptin  
Ecotrin

#### IBUPROFEN

Motrin  
Advil  
Nuprin  
Rufen  
Medipren

#### OTHERS

Naprosyn  
Persantine  
Coumadin  
Clinoril  
Indocin  
Ticlid  
Toradol  
Tolectin  
Nalfon  
Feldene  
Norgesic  
Voltaren

Medications containing acetaminophen such as Tylenol are acceptable.