



GEORGIA
CENTER *for*
Ear, Nose & Throat
FACIAL PLASTIC SURGERY

Tonsillectomy and Adenoidectomy

Before Surgery

- Avoid Aspirin and Ibuprofen (Motrin, Advil, etc) 10 days prior to surgery and after surgery.
- Do not eat anything or drink anything after midnight; the night before surgery.

After Surgery

- Start with a clear liquid diet the first day after surgery. Milk products are permitted if tolerated during recovery, after day two of surgery.
- Avoid sharp edged foods and acidic foods (ex: orange juice) the first 2 weeks after surgery. Avoid extreme hot or cold foods and sticky foods.
- Salt water gargles, ice packs on the neck and a humidifier may aid in your recovery.
- Gum chewing will also help the muscles in the back of the throat loosen.
- Soft diet (no hard foods i.e.; chips, taco shells etc) for two weeks.

IT IS RECOMMENDED TO DRINK AT LEAST 6 OZ OF FLUID EVERY HOUR.

Normal Signs and Symptoms

- Sore throat for 7 to 14 days after surgery. The sore throat will increase for 1-2 days around the 1 week post op time. **BAD BREATH IS COMMON.**
- A thick gray/white film on the back of the throat may appear. This will slowly clear over the first 2 to 3 weeks. These are scabs and need to be kept soft by drinking