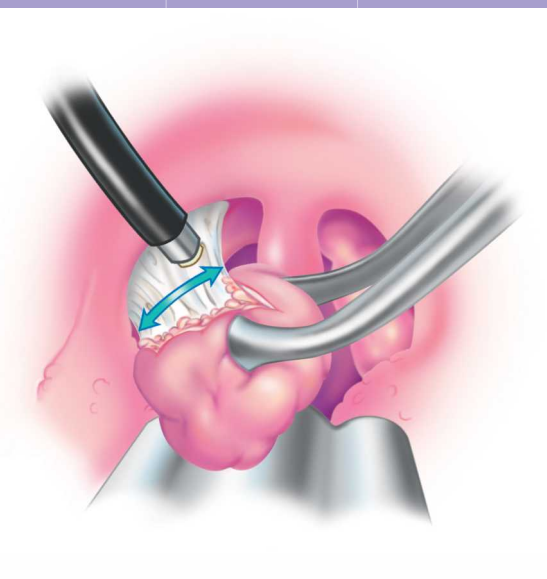


Post-operative Instructions after Tonsillectomy & Adenoidectomy



**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**

Tonsillectomy and Adenoidectomy

The tonsils and adenoids produce antibodies to help defend against infection entering via the nose or mouth. The tonsils are located on each side at the back of the throat. The adenoids are located behind the nose and above the roof of the mouth. They often get infected and swollen due to a variety of causes ranging from abscesses, secondary infection due to primary infection in the ear, etc. Enlarged tonsils/adenoids may also lead to breathing difficulty, mouth breathing, snoring and can even cause recurrent ear infections when they block the Eustachian tube - the small tube connecting the ear to the back of the nose. In such cases, they need to be removed surgically, the procedures commonly known as Tonsillectomy and Adenoidectomy respectively.



Even after their removal, the body's ability to ward off infections remains unaffected, as there are other protective mechanisms.

Post-operative care for Tonsillectomy and Adenoidectomy

- The patient should have a cold liquid or semi-solid diet such as ice-creams, custard, jelly, cold milk, cold juices for one day after the surgery. Soft, non-spicy diet at room temperature can be started the day following the surgery. Normal diet can be resumed 5-6 days following the surgery. Avoid hard, crunchy and chewy foods for upto 10 days following the surgery as they will increase the risk of bleeding. In case an adenoidectomy alone has been performed without a tonsillectomy, the patient can resume a normal diet from the day following the surgery.



- No strenuous activity is to be performed for 10 days following the operation.
- Gargle at least 4-5 times a day and after every meal as prescribed.
- Pain is expected for a week after the surgery for which pain killers have been prescribed. Take them as advised. The pain will be less if the patient takes regular feeds and resumes swallowing after the surgery.
- Report immediately to the Casualty department in case of bleeding or in case of fever above 100 F.
- Please clarify with your doctor in case of any doubts.



For any further information kindly contact ENT department

P. D. Hinduja National Hospital & Medical Research Centre

Veer Savarkar Marg, Mahim, Mumbai - 400 016 (INDIA)

Tel: 2445 1515 / 2445 2222 / 2444 9199 Fax: 2444 9151

info@hindujahospital.com

www.hindujahospital.com

**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**