



UNC  
SCHOOL OF MEDICINE

DEPARTMENT OF OTOLARYNGOLOGY/  
HEAD AND NECK SURGERY

**TONSILLECTOMY AND ADENOIDECTOMY: DISCHARGE INSTRUCTIONS**



When your tonsils and adenoids are removed, it usually takes two to three weeks for your sore throat to stop hurting, for your appetite to return, and for you to recover completely. The following are guidelines for your or your child's care when you go home.

## DIET

1. Begin with cold drinks like diluted apple juice, Kool-Aid (do not use red colored flavors) popsicles, and flat soda, offering small amounts every hour for the first 24 hours when the child is awake.
2. Avoid tart citrus juices like lemon, orange, and grapefruit that would irritate the throat.
3. Advance diet as tolerated to full liquids like soups, yogurt, milk, ice cream, and then soft foods. Avoid foods with hard textures such as potato chips, crackers, popcorn, toast, nuts, salad, and hot or highly seasoned foods.
4. Straws should NOT be used.

## CARE OF THE THROAT

1. There is no special care other than the frequent administration of fluids.
2. There will be 2 white areas or protective scabs where the tonsils were removed. Avoid unnecessary coughing, throat clearing, or nose blowing, as it tends to loosen up scabs and might cause bleeding.
3. Do not use gargles, but encourage teeth brushing to rid mouth of objectionable odor.

## THROAT PAIN

1. Give pain medicine and antibiotics as directed and ordered by your doctor.
2. Do NOT give or take aspirin or aspirin-containing products like Aspergum, Anacin, Bufferin, Motrin.
3. A humidifier will increase comfort because the moisture will decrease the drying of healing membranes.
4. Pain on the 5th, 6th, and 7th days may be more severe than on the first day because the scabs may suddenly come off. When these scabs come off, there will be some bleeding, but it usually stops in a few minutes.

## ACTIVITY

1. For the child, quiet games and activities should be played indoors for 3-4 days after being home.
2. Taking a daily nap is encouraged.
3. Normal activity, including school, may be resumed when the child feels well. However, moderate or heavy exercise should be restricted

## FOLLOW UP

Please remember to keep your return appointment to the ENT Clinic.

If you have questions, call the ENT Clinic at 919.966.6484.



FOR MORE INFORMATION PLEASE CONTACT:

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