

After-care after the removal of the tonsils and/or adenoids

- If the procedure took place under general anesthesia, eat easily digestible food on the day of the procedure.
- Eat soft, cool food for 3 days. Do not eat hot food.
- Do not eat spicy food for 1 week.
- After consumption of a dairy product, drink a sip of water to prevent the formation of mucus.
- Drink cold drinks or eat ice pops regularly (avoid carbonated or acidic drinks). You can gradually switch to a normal diet.
- You may not showering too long and too hot, because of the risk of bleeding.
- You may still produce some mucus; this can be dark red to brown in color. This is normal. If you spit clear red blood, contact the hospital.
- You may not blow your nose, but you can sniff.
- You must take it easy at home for days.
- You may not play sports or work for days.
- You may not swim for 1 week.
- You may not drink alcohol for 1 week.
- A lot of visitors are discouraged, because talking often also takes effort.
- There is a risk of bleeding until two weeks after the operation. We recommend that you do not go on holiday abroad during that period.
- For the first 3 days after the operation, take the medication that you received from the hospital. After this, you may take 2 tablets of paracetamol (500 mg) 3 to 4 times a day. The following applies to children: use paracetamol according to agreement.

Tonsillectomy:

- You may experience earache after the 3rd day. This is referred wound pain. You can take painkillers and chew gum to relieve this earache.
- A gray-white scab will develop at the place where the tonsils were; this usually disappears again after 1 to 2 weeks. This scab can cause your breath to smell bad. You may also have a bad taste in your mouth.

De informatie in deze folder is van algemene aard en is bedoeld om u een beeld te geven van de zorg en voorlichting die u kunt verwachten. In uw situatie kunnen andere adviezen of procedures van toepassing zijn. Deze folder is dan ook slechts een aanvulling op de specifieke (mondelinge) voorlichting van uw specialist of behandelaar.

- The recovery period lasts approximately 2 weeks. The throat should be healed after 6 weeks.
- Do not drink alcohol for 1 week.
- You will receive an email within 4 weeks to schedule the check-up appointment in the patient portal 'MijnMMC'. If you have not received an email 4 weeks after discharge, please call the KNO outpatient clinic yourself on telephone number (040) 888 56 70.

Contact us

- If you experience increasing pain symptoms that do not decrease after taking pain relief;
- If you have a constant temperature above 38.5 °C;
- If you are vomiting/spitting clear red blood.

For questions

- On the day of admission, please contact the Day Treatment: 040 888 9280.
- Between 19.00 and 08.30 hours you can contact the Emergency Department: 040 888 8811.
- After the day of admission, please contact the outpatient clinic: ENT: 040 888 56 70