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TONSILLECTOMY/ADENOIDECTOMY

POST OPERATIVE INSTRUCTIONS:

- Rest for 1-2 days. Resume normal activity as soon as possible. No heavy activity for 2 weeks
- Pain medication prescription will be given the day of surgery. Take pain medication every 4-6 hours with food. It is important to keep on a schedule with this medication to avoid gaps in coverage of pain relief.
- Swish, gargle and spit with prescribed mouthwash. Take every 4 hours, as needed.
- **Drink plenty of fluid in small sips, as often as possible.**
- Return to clinic 1-2 weeks after surgery for follow up.

WHAT TO EXPECT:

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|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Appearance of Tonsil Bed | Normal, white patches |
| Bleeding | If there is excessive bright red or brown drainage, gargle with ICE water (NO SALT WATER) for 10-20 minutes. If it doesn't stop, please call the office. |
| Pain | Can be severe with difficulty swallowing. Drinking plenty of liquids, taking the pain medication and resuming a normal diet will help. Days 6-10 is when the pain is at the highest level. |
| Voice | There may be a change in voice secondary to increased flow through the nose, this is usually transient. |
| Breath | Many have some bad breath for one week. Please use regular toothpaste only. DO NOT use regular mouth wash or oral rinses; only the prescribed mouthwash. Mints and gums may be helpful. |
| Nausea | Can last for 24 hours. |
| Temperature | Mild elevations for 48 hours. |

EAR PAIN IS NORMAL.