



Jeremy P. Watkins, M.D.

John B. McIntyre, M.D.

Sean M. Callahan, M.D.

5751 Edwards Ranch Rd. Fort Worth Tx 76109 Phone: 817-332-8848 Fax: 817-335-2670

[www.fortworthent.net](http://www.fortworthent.net)

## 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:

Appearance of Tonsil Bed	Normal, white patches
Bleeding	If there is excessive bright red or brown drainage, gargle with ICE water ( <b>NO SALT WATER</b> ) 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. <b>DO NOT</b> 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.**