

## PATIENT INSTRUCTIONS FOR TONSILLECTOMY AND ADENOIDECTOMY

### Things to do:

- **Medications:** Certain medications (antibiotics, pain medication, steroids and nausea medications) may have been prescribed during the recovery period. All medications should be taken as directed. Your pharmacist is an excellent resource for any medication questions that may arise. Narcotic pain medication may cause drowsiness, nausea or constipation. Do not drive or operate heavy machinery while on pain medication. A stool softener may be taken to prevent constipation associated with your pain medication. Do not take any additional Tylenol, as the pain medication typically prescribed contains Tylenol. Taking medications with food may help prevent nausea.
- **Diet:** A liquid diet is typically initiated after your surgery and may be progressed to a light meal if you do not experience any persistent nausea and vomiting that may occur with general anesthesia. You may progress to a 'soft-textured' diet along with generous fluid intake the next day if you experience no nausea or vomiting.
- **Oral Care:** You may brush your teeth normally. Using a 1:1 mixture of water and hydrogen peroxide to rinse after meals is encouraged to keep the throat clean.
- **Activity:** Elevate your head at all times for the first 4-5 days after surgery, even when you are sleeping. You may shower and wash your hair the day after your surgery. You may gradually increase your level of activity up to a pace of a 15-minute walk.
- **Follow up:** You will have a follow up appointment 4 week after surgery.

### Things NOT to do:

- Avoid lifting anything greater than 15 pounds for 2 weeks.
- Avoid vigorous exercising for 2 weeks.
- Avoid straining with bowel movements.
- Do not take any Aspirin, Ibuprofen, Motrin, Midol, Aleve, Advil, Coumadin or any other medications that may cause you to bleed easily for one week before and one week after surgery. If you are uncertain, contact your pharmacist or my office.

It is normal to have some discomfort after surgery that radiates to the ears. You may have a sore throat or hoarseness from the breathing tube placed during surgery to help you breath while under general anesthesia.

The area of the tonsil will turn 'whitish' as it heals; this is normal and not a concern for a throat infection.

My office is eager to support you through this process. Please do not hesitate to call if you have any questions or problems. Call my office if you have excessive bleeding, swelling, increased warmth or redness at surgical site, drainage at surgical site, persistent fever >102, severe pain not relieved by pain medication, continued nausea and vomiting, shortness of breath or any other concerns.