



POSTOPERATIVE INSTRUCTIONS: **TONSILLECTOMY AND ADENOIDECTOMY**

ACTIVITY

- You have been given general anesthesia/sedation during your procedure. For the next 24 hours, do not drink alcoholic beverages, operate a vehicle, machinery or sign legal documents.
- You may feel dizzy and drowsy for the next 24 hours.
- No sports or gym related activities for 2 weeks after your surgery.
- Resume non strenuous activities as tolerated unless your physician instructs you to do otherwise.

DIET AND COMFORT

- Pain medication should be taken as prescribed. Take this with something in your stomach to prevent nausea. This can be food or liquid. The discomfort may last up to 2 weeks. As the pain decreases, introduction of over the counter pain medications (non-Aspirin) can be used in place of prescribed medications. Pain is worse the first week. Pain post operative day 5 can be worse than post operative day 1. Things start to get better the second week.
- Increased pain, chills or fever greater than 101.5, contact your surgeon.
- Consume soft foods and encourage liquids as tolerated after surgery. Suggestions include: popsicles, ice cream and frozen drinks. We recommend avoiding acidic or citrus products such as orange juice since they may cause irritation and discomfort. Sharp and crunchy foods, such as chips, should also be avoided during the healing process.
- For persistent nausea/vomiting, contact your surgeon.
- Avoid mouthwashes and gargles.
- Educational material pertaining to prescribed medications and all medications given during your stay will be provided.

GENERAL INSTRUCTIONS/INFORMATION

- Ear pain is common post operatively.
- Expect a yellow/white thick coating where the tonsils were. Expect white coating on the tongue. Expect swelling of the uvula (punching bag).
- Slight change in voice may also occur, and is rarely permanent.
- Temporary bad breath and nasal congestion is normal and will resolve.
- Although rare, bleeding may occur for up to 2 weeks after surgery. If bright red blood is noted, suck on some ice chips and call your surgeon.
- You will receive a post-operative call from a member of our nursing staff on the next business day following your surgery.
- You will be given a patient satisfaction questionnaire prior to leaving the center. We would appreciate you sending back the questionnaire with any positive feedback or areas in need of improvement.