



Post-Op Tonsillectomy and Adenoidectomy Instructions

Individuals vary in the speed of recovery, which is approximately 7-10 days. You must remain at home for one week after surgery, but can usually return to non-strenuous work or school after one week. It is very important that you **AVOID TRAVEL, FLYING, GYM and STRENUOUS ACTIVITIES** such as sports for **2 WEEKS** after surgery. Also, *no hot showers, sunbathing or swimming.*

Following surgery you will have a sore throat. Ear pain is also common, especially after about 4 days. A whitish membrane will form on the tonsil beds at the back of the throat and gradually disappear over a few weeks. Between the 5th and 8th day after surgery, the pain may increase. This can last 24-48 hours.

You may eat or drink whatever you like – there are no absolute prohibitions. Here are some tips:

- It is important to drink plenty of fluids – **ALL DAY**. Hydration is key to a quicker and more comfortable recovery.
- Avoid **RED** colored drinks and food products.
- Soft foods are easier to swallow, like tepid soups, pasta, eggs, waffles, pancakes, Jell-O, pudding, ice pops and sherbet.
- Citrus may be irritating; however sometimes with children it is best to let them try whatever they like.

Call our office **IMMEDIATELY** if you experience fever over 101 degrees, bleeding or vomiting.

Bad breath is common; it improves with increased hydration in about 2 weeks.

During the winter – a cool-mist humidifier may help keep your throat moist at night.

You will be given a prescription for pain medication, which should be taken only as directed. Since your medication contains Tylenol and a narcotic, do not take any additional Tylenol with it. If you choose to take regular Tylenol in place of your prescription analgesic, you cannot take the prescription for at least 4 hours.

For the **FOUR WEEKS** following surgery: **DO NOT TAKE ANY ASPIRIN, ASPIRIN-CONTAINING PRODUCT OR NON-STERIODAL ANTI-INFLAMMATORY MEDICATIONS** (such as Advil, Motrin, Aleve, Ibuprofen, Naprosyn, Alka-Seltzer or Pepto-Bismol). Also, **DO NOT TAKE VITAMIN E, MULTI-VITAMINS WITH VITAMIN E, GINKGO BILOBA, GARLIC PILLS, GINGER SUPPLEMENTS OR FISH OIL.**

Please remember it is **IMPORTANT** not to forget your **2 week Post-Op appointment.**

If you have ANY questions or concerns, please do not hesitate to call our office at **203-452-7081.**