

## **Tonsillectomy (with or without Adenoidectomy) Postoperative Instructions**

1. Children under 3 years of age and those undergoing the procedure for severe breathing obstruction at night are often observed overnight in the hospital. After a period of post-operative observation, most children and adults can safely be discharged home within hours of the surgery.
2. We recommend the patient avoid exercise or strenuous activity for 2 weeks. For the first week, we recommend being a “couch potato” and staying indoors with no “rough-housing.”
3. The patient should be excused from school, daycare, or work for one week after the procedure. We recommend children not return to gym class, sports, or recess activities until two weeks post-op. Adults should expect to be off work for up to 10 days or longer if physical activity is involved.
4. There are no foods, if chewed properly, that will injure the throat; however, soft foods are swallowed more easily. Citrus juices will burn. It is essential to drink plenty of fluids to stay hydrated and decrease the risk of bleeding. Avoid caffeine.
5. You may experience a low-grade fever and have ear pain following the procedure. Do not be alarmed by this. If fever is greater than 101.5, then you should call. Ear pain is often the last symptom to resolve.
6. You will be given prescription-strength pain medicine that contains Tylenol. Do not take additional Tylenol while taking the pain medication. You may substitute regular or Children’s Tylenol when pain is less later in the healing process. Ask your doctor before adding Motrin, Advil, Aspirin and Ibuprofen as these could increase risk of bleeding.
7. If prescribed an antibiotic, take until gone.
8. It is important to keep all follow-up appointments.
9. Call the ENT physician or come to the Emergency Department if there is any bleeding from the nose lasting more than 10 minutes or bleeding from the mouth that is more significant than mild red-tinged mucous.

\*\* For any questions or concerns, call the office (814-944-5357) Monday through Friday, 9:00 am to 4:30 pm. Through the same number, our answering service will page the ENT physician on-call during nights and weekends.