



DALLAS
ENT
GROUP

Adult and Pediatric Otolaryngology
12720 Hillcrest Rd, Suite 900
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Tonsillectomy and/or Adenoidectomy Instructions

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 recommended 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 to avoid:

- Avoid lifting anything greater than 15 pounds for 2 weeks.
- Avoid vigorous exercising for 2 weeks.
- Avoid straining with bowel movements.
- Avoid travel for the first two weeks after surgery in case you need to return to my office.
- Do not use over-the-counter mouthwash for two weeks
- Do not take any Aspirin, Ibuprofen, Motrin, Midol, Aleve, Advil, Coumadin or any other medications (blood thinners) 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.



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Symptoms to expect:

- Post-surgery ear pain is normal.
- Sore throat and hoarseness is also normal, due to the breathing tube used during surgery.
- Expect the area where your tonsils were to turn “whitish” as it heals.
- A low-grade temperature is normal during the first couple days following surgery.
- Bleeding may occur in the first weeks following surgery. This can happen as the scabs that are healing in the throat begin to separate.
 - If this occurs, cut back to only a liquid diet and ensure that the temperature of the liquid is not too hot.

Contact our office if you experience:

- Excessive bleeding
- Excessive swelling
- Increased warmth/redness at the surgical site
- Drainage at the surgical site
- Persistent fever of $\geq 102^{\circ}\text{F}$
- Severe pain not relieved by medication
- Continued nausea and vomiting
- Shortness of breath

Please don't hesitate to call our office if you have any other questions or concerns.