



TONSILLECTOMY/ADENOIDECTOMY POST-OPERATIVE INSTRUCTIONS

POST-OPERATIVE CARE

The tonsil fossa will heal on its own; however, it will take time. You may use Cepacol spray or lozenges to help relieve pain temporarily. Spraying in the tonsil area before meal times, can help alleviate pain and allow you to eat.

MEDICATION

Hydrocodone (Norco) will be prescribed to you for your pain. Take your pain medication as directed, every 4 hours. DO NOT use multiple pain medications at the same time. Take pain medication with food and DO NOT drink alcohol or drive while using pain medication. You may restart all other routine medications other than blood thinners such as Aspirin/NSAIDS's (Aleve, Advil, Motrin, Ibuprofen) immediately after surgery.

ACTIVITY

Avoid straining, heavy lifting, strenuous activity, bending over, blowing your nose or sneezing for 2 weeks. These activities will increase the likelihood of bleeding. Get plenty of rest.

DIET

Soft foods (mashed potatoes, pasta, soups, oatmeal, etc.) cool foods, ice chips and liquids (popsicles, jello). Avoid spicy foods, citrus and alcohol. Drink plenty of fluids. NO STRAWS. It is normal not to eat solid food for several days after your surgery but you must make sure your fluid intake is adequate.

GENERAL ANESTHESIA

Do not drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

WORK

Most patients plan to take 2 weeks off of work to recover. Every patient is different and some return to work sooner if they are able to stop their pain medication. This will depend on the extent of your surgery, your recovery experience and the nature of your work.

TRAVEL

No airplane travel for 2 weeks following your procedure due to risk of bleeding.

CALL OUR OFFICE (760) 479-2100

If you experience more than 1 tablespoon of bright red blood from the mouth, poor fluid intake (less than 16 oz for adults or less than 8 oz for children under 12) in 24 hours accompanied by minimal to no urination, a persistent temperature above 101.5 degrees or severe chills, persistent nausea or vomiting and difficulty breathing.

FOLLOW UP APPOINTMENT

You will have one post-operative visit approximately 7-14 days after your surgery. At this visit we will discuss your pathology results. This appointment should already be scheduled for you by our surgery scheduler.