

POST OPERATIVE CARE FOR TONSILLECTOMY AND
ADENOIDECTOMY

1. *Activity:* Rest and stay indoors especially for the first 10 days. Restrict physical activity and exercise to zero and rest (including all forms of sexual activity). Increased activity increases your blood pressure and will increase your risk of postoperative bleeding. You should NOT resume normal activity: school, work etc for at least 10 days. Stay indoors.
2. *Diet:* Cool, non-acidic, liquids are the best tolerated. Milkshakes, soups, Ensure, Gatorade, porridge and eggnog are good examples. Avoid orange, pineapple or grapefruit juices. There should be no solid food introduced back into the diet until instructed to do so by the doctor
3. *Medication:* Usually the doctor will give pain and antibiotic medication. Take it as instructed on the label. If you (or your child) have a reaction to the medication call the medical offices. DO NOT TAKE any aspirin or aspirin containing medication e.g. Aleve UNLESS instructed to do so directly by the doctor
4. *Fevers:* It is not unusual to have low-grade fever postoperatively, however if it persists take Tylenol. If it does not resolve, call the medical offices.
5. *Post-op appointments:* Should be made as instructed by your doctor, however please call the office to confirm all post-op appointments.
6. *Bleeding:* Please notify the doctor if there is any bleeding from the mouth.
7. *There are no silly or dumb questions. Please call the medical office day or night if you have a question regarding your care.*

Medical office number:
909-599-6611