

## **Tonsillectomy and/or Adenoidectomy**

### **Postoperative Instructions**

#### **Special Instructions**

- Avoid dehydration by encouraging fluids.
- Do not drive while taking narcotic pain medications.

#### **Medication**

- Use prescribed narcotic pain medication as directed. You may supplement with Motrin® as needed.
- Antibiotics will be prescribed if necessary.
- If you were previously taking aspirin or other blood-thinning agents, discuss with your surgeon when to restart these medications.

#### **Activity**

- Limited activity for 2 weeks.
- Do not lift more than 30 pounds for 2 weeks.
- May return to school/work when no longer requiring pain medications and taking adequate food and drink.

#### **Diet**

- Soft diet for 2 weeks.

#### **Postoperative Follow-up Appointment**

- Usually 2-4 weeks after surgery. Call 636.441.3100 should you need to reschedule or confirm.

#### **What to Expect**

- White patches will form at the surgical sites. These are normal and will fall off 5-10 days after surgery.
- Ear pain and bad breath are very common during the healing process, and will resolve as healing occurs.
- Bleeding can occur as the scabs separate. Gargle with ice water and call for any bleeding that lasts more than a few minutes.

#### **When to Call**

- Call the office at 636.441.3100 during routine hours for questions, concerns or medication refill requests. Please remember that pain medications will only be refilled during regular office hours.
- After-hours and weekend calls should be limited to urgent and emergent issues such as the following:
  - Excessive bleeding
  - Adverse reactions to prescribed medications, such as rash or vomiting
  - Fever >101.4° that does not respond to Tylenol® or Motrin®
- Should you choose or be instructed to go the ER for any reason, we ask that you go to either St. Joseph Hospital-Lake St. Louis or Barnes-Jewish St. Peters Hospital.