



Post-Operative Instructions

Adult — Tonsillectomy / Adenoidectomy

- Take prescriptions as instructed. Use the prescription pain medicine as instructed as needed. You may use regular liquid Tylenol or liquid motrin as per bottle instructions. However, the prescription pain medicine has Tylenol in it as well so you must wait until the next dose is due to avoid giving too much Tylenol. If you have significant pain even while taking the prescription pain medicine then you may alternate the prescription pain medicine with liquid motrin (ibuprofen) and stagger the doses so that pain medicine can be given every 3 hours. Do not drive or operate machinery while taking prescription pain medication.
- Drink plenty of fluids to prevent dehydration. Water, milk, juice, or Gatorade are appropriate. Soft food will be less painful to swallow initially. This might include soup, jello, apple sauce, etc. Avoid hard, crunchy foods and hot/spicy foods because these will hurt more. Aside from this there are no restrictions on diet. Eat what you like to eat and what feels most comfortable swallowing.
- Avoid strenuous activity and heavy lifting for two weeks.
- You may return to work when you can eat regular food and when you can go without prescription pain medication. This usually happens 7-10 days after surgery.
- Remain in town for two weeks if possible.
- Avoid using straws or putting any objects in the mouth that may poke the surgical sites.
- The following symptoms are normal after this surgery:
 - Sore throat and/or ear pain
 - Fever
 - Bad breath
 - Yellow or tan-colored film in the throat where the tonsils were.
 - Snoring sometimes is much improved even on the first night, but may not really get better until the throat heals and swelling goes down.
- Call our office number (972)253-4280 if you experience any of the following:
 - Bleeding from the nose or mouth or vomiting up blood. If this happens then go to the **Medical City Las Colinas Emergency Room (located at corner of MacArthur and Hwy 161)**. The address of this hospital is 6800 N. MacArthur Blvd Irving, Texas 75039. Be sure and notify the doctor on your way.
 - Signs of dehydration such as a dry mouth, decreased urination, and irritability.
 - Vomiting that lasts more than 8 hours.
 - Inability to swallow liquids.
 - Difficulty breathing.
 - Excessive lethargy or sleepiness—this may be a sign that the pain medication needs to be decreased.



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- Call our office number (972)253-4280 if you have any other questions or concerns that are not addressed on this page.