

### Tonsillectomy & Adenoidectomy Post-Operative Instructions

1. You will have throat pain for several days following surgery. Use of the liquid pain medication every 3-4 hours for the first few days is recommended; after that, the medication can be used less often or only prior to meals to ease pain associated with eating.
2. A **liquid-only diet** is recommended for this first few days as well: water, non-acidic juices, milk and milkshakes, ice cream, Jell-o, pudding, soup and soda pop are recommended. After 3 or 4 days, **soft foods** may be introduced: scrambled eggs, mashed potatoes, oatmeal, soft-cooked rice or noodles. No pizza, no potato or corn chips, no crusty bread, no raw fruits or vegetables, no peanuts or other hard or crunchy foods for **2 weeks** after surgery.
3. A small amount of blood-tinged mucus may be expected from the nose after adenoidectomy; blood-tinged saliva may be seen for 24 hours after tonsillectomy. Any bloody drainage after that period of time or heavier than “streaks of blood” in the mucus should be reported.
4. No heavy lifting, no vigorous exercise for one week following tonsillectomy and/or adenoidectomy.
5. Some noisy breathing, even mild snoring, may be experienced immediately after surgery as the palate may be a little swollen. This swelling and noisy breathing should clear within a few days.
6. Take the antibiotic as directed. **No aspirin or aspirin-like products** (Nuprin, Advil, Motrin, Alleve, etc.) until cleared by Dr. Pritikin.
7. You may brush your teeth, but gargling is not recommended for about a week after surgery.
8. If you have bleeding, fever greater than 101.5 degrees or increasing throat pain more than a week after surgery, call Dr. Pritikin for further instructions. During office hours, call (312) 372-9355; if you simply have a question, you may leave a message for retrieval the next business day. For after hours **emergencies**, please call (312) 372-9355 to speak to the answering service and have Dr. Pritikin paged.