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## **Postoperative Instructions: Tonsillectomy +/- Adenoidectomy**

1. Unfortunately, this is a very painful operation. Please make sure that you or your child gets the pain medicine and take it as prescribed.
2. Ibuprofen (Motrin/Advil) may be used as the main pain reliever after the operation. The dose is based on weight and we will tell you how much to take after the surgery. Use it every 8 hours daily until the pain is decreased enough to get by without it.
3. Tylenol with a narcotic (hydrocodone) may also be prescribed in addition to the ibuprofen.
4. It is common to have white debris in the throat for up to 2 weeks after the surgery. Bad breath is common too.
5. Drinking a lot of liquids is the single most important factor in your recovery. We cannot over-emphasize this. Urine output is a good way to determine if you or your child is getting enough fluid in. Going to the bathroom at least 3 times a day indicates that just enough fluid is being taken.
6. The most common, and thankfully, rare, complication after the surgery is bleeding. Call our office if this occurs.
7. The best ways to prevent bleeding are to do the following:
  - Drink lots of fluids.
  - No heavy physical activity until cleared at the 2-3 week postoperative visit.
  - Do not eat hard edged foods like chips, crackers, or dry breads. Soft foods like eggs, pudding, soups, and yogurt are fine.
8. Please call Great Hills ENT (512-258-2300) during business hours if there are any questions or concerns. After hours, please contact the Medical Exchange (512-458-1121) and ask for the ENT doctor on call covering Dr. Brown or Dr. Young.
9. Schedule a follow up for 2-3 weeks postoperatively.

**Surgery Center:** \_\_\_\_\_  
(Please take your surgery center brochure with you.)

Note: No Pre-op labs needed unless ordered at appointment.

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