



TPMG Ear, Nose and Throat Specialists

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TONSILLECTOMY AND ADENOIDECTOMY - Discharge Instructions

1. Soft diet for 2 weeks. Start with Jell-o, popsicles, and drinks before advancing to pasta, pudding, yogurt, ice cream, soup, applesauce and/or mashed potatoes. You may resume a normal diet after 2 weeks.
2. Quiet activities for the first 2 weeks. No running, strenuous activity, or heavy lifting. Children should stay home from school and daycare for the first week.
3. You may shower or take a tub bath starting tomorrow.
4. Your breath will be foul for 10 days. Do not use mouthwash, as it will burn. Please brush your teeth; however, be cautious in the back of your mouth. Parents, please brush your child's teeth. Do not allow them to brush their teeth themselves.
5. You may run a temperature as high as 101°F for 3 - 5 days. This is okay.
6. Take your antibiotic as instructed by your doctor.
7. Take your pain medication as directed. If you do not need anything that strong, please use **liquid** Tylenol per label instructions, as needed for pain. Avoid aspirin and aspirin products.

Special instructions: _____

Notify doctor if:

- Pain is not relieved by pain medication.
- Temperature above 101°F, or a 101°F fever lasting more than 5 days.
- Continuous nausea and vomiting - once or twice is not uncommon after this type of surgery.
- If you are bleeding, you will see bright, red blood. Call the doctor immediately.