

Tonsil and Adenoids Adult

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Do not participate in any physical fitness or contact sports for 10 days to 2 weeks. Return to normal activity gradually. You may return to work in 1-2 weeks.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. You will have some soreness of the throat. The pain may get worse before it gets better. Take pain medications as prescribed. Try to avoid constipation by drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. You may experience pain in your ears. This is common during the first week.
7. **Diet:** Eating may not be possible right away but you must drink plenty of fluids. The first day you should favour: clear fluids such as water, apple juice, Gatorade and popsicles. Avoid: citrus juices and carbonated beverages (colas), because they may cause increased pain and throat irritation. After a few days start trying foods that are easy to swallow. Favour: Jell-O, soft noodles, warm broth, puddings, yogurt, and ice cream. Avoid: steamy, hot, or spicy foods or hard crunch food. Most adults need about 1 week to recuperate and start back on a normal diet. Do not drink any alcoholic beverages including beer and wine or use any recreational drugs for 24 hours after your surgery.
8. You will have bad breath from scabs where the tonsils were removed. These scabs fall off in about 7 to 10 days, and your breath odor will return to normal. You may rinse your mouth with any non alcoholic antiseptic mouthwash.
10. Contact your Doctor or seek medical attention if any of the following occurs:
 - **If you have more than blood tinged saliva, bleeding more than 2 tablespoons or vomit bright red blood.**
 - Signs of infection, including fever and chills

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- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

- ... call your surgeon/doctor,
- ... or call Telehealth 1-866-797-0000
- ... or come to the Emergency Department at Georgian Bay General Hospital

10. The day after your surgery call your Surgeon's office for your _____ week(s) follow-up appointment.

Specific Instructions:
