



POSTOPERATIVE ADENOTONSILLECTOMY INSTRUCTIONS

- **BLEEDING** may occur at any time up to two weeks after the tonsils or adenoids have been removed. If only a few drops of blood are noticed, have the person lie down and apply an ice collar to the neck, and gently gargle ice water. If the bleeding persists for longer than ten minutes, notify us immediately. If the person vomits any blood or if the bleeding appears to be profuse, proceed immediately to the nearest hospital emergency room.
- **FEVER IS VERY COMMON AFTER THIS TYPE OF SURGERY.** For the first week, the fever may be as high as 101.5 degrees taken orally. If the temperature exceeds 102 degrees orally notify us immediately.
- **EAR PAIN IS A COMMON COMPLAINT.** The pain may be present immediately after surgery but may not occur until one week later. The pain may last as long as ten days. The prescribed pain reliever should give adequate relief.
- **IT IS EXTREMELY IMPORTANT TO LIMIT ACTIVITY FOR THE FIRST TWO WEEKS AFTER SURGERY.** During this period, absolutely no running, biking, swimming, weight lifting or participation in physical education classes.
- **YOU MUST EAT AND DRINK! NOT EATING AND DRINKING WILL INCREASE RISK OF BLEEDING AND DEHYDRATION.** The most important consideration is to drink small amounts of fluid and eat small amounts of food on a frequent basis.
- Do not return to work or to school until one week after surgery.
- **DO NOT TAKE IBUPROFEN, MOTRIN OR ASPIRIN DROPLETS UNLESS DIRECTED BY YOUR PHYSICIAN.**

If any problems or questions arise, please notify us at the office number, 407-992-9229