



POST-OP INSTRUCTIONS TONSILLECTOMY AND ADENOIDECTOMY

Thank you for choosing Gateway ENT for your procedure. Please know we are available to answer any questions or concerns. We look forward to seeing you at your next follow up appointment after your procedure.

Concerns you may have after surgery

- Severe throat pain should be expected to last 2 weeks
- Ear pain is common. This is due to throat pain and does not mean you have an ear infection
- Bad breath is very common
- Nasal congestion and cough are common
- Pain can increase in severity around day 5 to 7 after surgery

Diet and Activity

- Drink plenty of fluids. This will help you stay hydrated and improve pain
- Avoid hard, crunchy, spicy food
- No strenuous activity or exercise for two weeks

Medications:

Take your medications as prescribed.

Take an over the counter stool softener such as Colace to avoid constipation

Call 314-843-3828 or our exchange at 314-364-5288 for:

- Any bleeding
- Fever greater than 101
- Difficulty breathing

If you have a medical emergency, go to the nearest emergency room or call 911.

