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General Post-Operative Instructions for Tonsillectomy & Adenoidecomy

Rest and Activity:

- Rest immediately following surgery.
- Gradually increase activity levels, avoiding strenuous activity for a specified period.
- Refrain from driving or operating heavy machinery for a designated time after anesthesia.

Diet:

- Begin with clear liquids, progressing to a soft diet as tolerated.
- Avoid irritants such as spicy, greasy, or crunchy foods for a specified period.
- Advance diet as tolerated.

Pain Management:

- Manage pain with prescribed or over-the-counter pain medication as directed.
- Contact your healthcare provider if pain is not adequately controlled.

Post-Operative Symptoms:

- Expect some discomfort, including pain, congestion, and potential nausea/vomiting.
- Be aware of the potential for increased pain during the healing process (e.g., scab separation).
- Expect possible fever for a few days.
- Expect possible bad breath for a few days.

Hydration:

- Maintain adequate hydration, especially after the initial post-operative period.
- Seek medical advice if fluid intake is insufficient.

Bleeding:

- Be vigilant for signs of excessive bleeding.
- Contact your healthcare provider immediately if significant bleeding occurs.

Follow-up:

- Attend all scheduled follow-up appointments.
- Contact your healthcare provider with any concerns or questions.

NOTE: The patients will be given detailed discharge instructions according to the procedure undergone on the day of the surgery.