

TONSILLECTOMY & ADENOIDECTOMY

Home Instructions for Adults

ACTIVITY

- You will require constant supervision for the next 24 hours by a responsible adult.
- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- **No driving, making legal decisions or operating hazardous equipment for the next 24 hours or any time while you are taking prescription pain medications.**
- You should stay home from work for **7-14 DAYS**. Refrain from strenuous activities for the full **14 DAYS**.
- Bad breath is normal. Practicing good oral hygiene and rinsing with salt water can help.

DIET

- Drinking plenty of fluids prevents dehydration – the most common cause of post-operative ER visits.
GOOD HYDRATION IS VITAL TO A SUCCESSFUL RECOVERY. Use The Elephant Drinking Guide!
- Start with clear liquids, such as apple juice, popsicles and water. Then advance to soft foods such as scrambled eggs, mashed potatoes, ice cream, milkshakes, applesauce, soft noodles and cool soups. Avoid crunchy, sharp, hot, spicy and citrus foods for two weeks.

PAIN

- **Taking prescribed pain medication around the clock for the first two days is recommended.** Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener or drink plenty of fluids with addition of fruit juices to prevent constipation.
- **Intermittent** nausea & vomiting for two to three days after surgery or while using prescription pain medication is COMMON.
- You may **CHANGE** to Tylenol after a few days if doing well.
- **DO NOT TAKE BOTH HYCET & TYLENOL (Hycet already contains Tylenol)**
- Avoid Ibuprofen (Motrin and Advil) due to the increased risk of bleeding.
- Lightweight ice packs placed on the throat/neck and using a cool-mist humidifier at night can be helpful.

YOUR NEXT DOSE OF _____ CAN BE GIVEN AT _____ TODAY.

BLEEDING

- Blood tinged secretions are expected. If you experience a small amount of bright red bleeding, drink ice water, attempt to hold crushed ice in the back of your throat and call the office.
- Profuse bright red blood through the nose and/or mouth is not normal. **Call 911 or go to the nearest ER.**
- **Spit out any secretions you feel in the back of your throat.** Swallowing these secretions leads to nausea and vomiting.
- White scabs will form in the back of your throat; this is a normal part of the healing process.

WHEN TO CALL YOUR DOCTOR (CALL 208-367-3320 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Signs of dehydration such as dry lips and infrequent urination.
- Pain that is not controlled by your prescription pain medication.
- **Persistent** nausea and vomiting lasting more than 24 hours.

WHEN TO GO TO THE EMERGENCY ROOM

- Uncontrollable bright red bleeding, coughing or vomiting up large amounts of blood.
- If you have difficulty breathing.
- If you are unable to reach your physician and need help.

**“An Elephant
Never Forgets”
TO DRINK!**



= 8 OUNCES OF FLUID

