

The Oregon Clinic, Plaza ENT Division
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Discharge Instructions for Tonsillectomy/Adenoidectomy

Diet:

- Avoid citrus fruit juices or hot or highly seasoned foods.
- Drink a minimum of two (2) quarts of water/fluids every day.
- Jello, pudding and other soft foods may be added whenever the patient wants.
- A regular diet is usually resumed by the 5th-7th day in children and generally by the 10th-12th day in adults.

General:

- Physical activity should be limited for 5 days in children and 10 days in adults.
- An ice collar or bag of frozen peas can be used on the neck for discomfort.
- A prescription for liquid pain medicine will be given for the first 10-14 days.
- Two white patches will form where the tonsils were removed.
- Bad breath is normal during the recovery.
- Ear pain is common approx. 3-5 days after surgery. You can try a heating pad or hot water bottle on the area for some relief. This usually only lasts 2-3 days.
- It is common for patients to start feeling better earlier than predicted, then decline again for a few days.
- Slight elevation in temperature is normal for a few days after surgery. Call the office if it is over 101 degrees.
- The danger of serious post-operative bleeding is generally over after leaving the hospital. In about 4% of patients, delayed bleeding can occur as long as 14 days after surgery. If this should occur, do not panic! Stay calm, spit out the blood gently and rinse the area with ice water for 10 minutes. If the bleeding persists, call the office for further advice or go to the emergency room.
- Call and make a follow up appointment with your surgeon 2-3 weeks after surgery.

Discharge Instructions given by: _____

Patient Released to: _____

Date: _____