



Tonsillectomy / Adenoidectomy Postoperative Instructions

Diet	Soft diet for 10 days. Avoid acidic, crunchy, spicy, fried foods. Stay hydrated with Gatorade, broth, water, etc. Eating regular food may not feel comfortable initially, but staying hydrated is critical and helps with pain control.
Activity	<ul style="list-style-type: none"> • No heavy lifting or strenuous exercise for 2 weeks. • Sleep with your head elevated on 2–3 pillows. • A bedside humidifier is recommended. • You may shower the day of surgery and wash your hair, but avoid very hot water. • Avoid using CPAP for 1 week after surgery unless instructed otherwise.
Expectations	<ul style="list-style-type: none"> • A low-grade fever up to 100.5°F is common. Use Tylenol as directed. If symptoms persist or your fever exceeds 101.5°F, contact the office. • Ear pain after tonsillectomy is common and improves as healing progresses.
Medications	Take all prescribed medications as directed. Liquid children's Tylenol may be used if swallowing pills is uncomfortable. Pain medication can cause constipation—drink fluids and consider Miralax or another gentle laxative if needed. If prescribed oral steroids, follow the dosing instructions.
Bleeding	Any bleeding from the mouth is an emergency—contact the office immediately. Small amounts of nasal bleeding after adenoidectomy may occur; notify the office if this happens.
Bad breath	Bad breath after tonsillectomy is normal and usually resolves within 10–14 days.
Healing	A sore throat is expected until healing is complete. Pain often increases around days 4–7 before improving; this is a normal part of recovery.
Contact	Please contact our office with any questions or concerns: (404) 252-7368