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INSTRUCTIONS AFTER TONSILLECTOMY AND ADENOIDECTOMY

- 1. You may experience a sore throat for 7 to 10 days.
- 2. Earaches are referred from the throat operation-not an ear infection (usually subsides in a few days).
- 3. Low grade fever is not unusual.
- 4. White patches seen in the back of the throat are the scabs from the tonsils - they will resolve in 2 weeks.

IMPORTANT..... NO ASPIRIN OR MOTRIN PRODUCTS (ADVIL, ALEVE, MOTRIN, OR NUPRIN) FOR 2 WEEKS AFTER SURGERY. THESE PRODUCTS MAY INCREASE THE CHANCE OF BLEEDING - **Tylenol may be used as needed for pain**

Voice rest for 2 weeks

Drinking fluids is very important----- water, ice cream, Jell-O, pudding, water ice, and ice pops. Avoid citrus juices, tomato products, and spicy foods.

NO SHARP FOOD FOR 2 WEEKS- NO PRETZELS, CHIPS, HARD BREADS.

ANY BRIGHT RED BLEEDING NOTED FROM THE NOSE OR THROAT PLEASE CALL THE NUMBER AT THE OFFICE BELOW IMMEDIATELY ...ASK TO SPEAK TO THE DOCTOR ON CALL.

NO STRENUOUS ACTIVITY FOR 2 WEEKS - including sports, gym class, housework, weight lifting, or aerobics.

Medications:

- _____ Lortab Elixir _____ cc/mg every _____ hours as needed for pain.
- _____ Percocet Tablets _____ pill(s) every _____ hours as needed for pain.
- _____ Tylenol with codeine elixir _____ cc every _____ hours as needed for pain.
- _____ Oxycodone Tablets _____ pill(s) every _____ hours as needed for pain.
- _____ Amoxil Liquid _____ cc/mg every _____ 8 _____ hours
- _____ Biaxin Liquid _____ cc/mg every _____ 12 _____ hours
- _____ Medrol Dose Pack as directed

*****Return visit in ___ one week / ___ two weeks call the office number below for an appointment**

****Take all medications as prescribed, DO NOT cut, crush or chew unless prescribed that way or instructed by your physician. DO NOT drive or operate any machinery while taking pain medications**

Phoenixville: 826 Main Street, Suite 201 Phoenixville, PA 19460 **Tel:** 610-415-1100 **Fax:** 610-415-1101
Bryn Mawr: 825 Old Lancaster Road, Suite 300 Bryn Mawr, PA 19010 **Tel:** 610-520-0900 **Fax:** 610-415-1101
Pottstown: 5 South Sunnybrook Road, Suite 300 Pottstown, PA 19464 **Tel:** 610-326-3600 **Fax:** 610-415-1101
Roxborough: 525 Jamestown Ave, Suite 205 Philadelphia, PA 19128 **Tel:** 215-487-7200 **Fax:** 610-415-1101
East Norriton: 342 West Germantown Pike, Suite 320 East Norriton, PA 19403 **Tel:** 610-415-1100 **Fax:** 610-415-1101