

**Postoperative Instructions for  
Tonsillectomy and/or Adenoidectomy**

1. Drink plenty of liquids and eat only soft foods for 14 days after surgery.
2. No bending, lifting, or straining and no exercise or sports for 14 days after surgery.
3. You may use Tylenol and Ibuprofen for pain. You may alternate Tylenol and Ibuprofen every 2 hours if necessary.
4. Your doctor may prescribe pain medicine. If so, take only as directed on prescription.
5. No aspirin or Aspirin containing products.
6. Ear pain or discomfort may be expected after tonsillectomy. It will resolve.
7. Your throat will have thick white patches where your tonsils were removed. This will disappear with healing. It is not an infection.
8. Low-grade fevers, less than 102 degrees F, are very common after a tonsillectomy. High, prolonged fevers should be reported.
9. Please contact the office within one (1) or two (2) days of discharge from the hospital or surgery center to schedule a postoperative appointment. [610-376-9728].
10. Please contact the office if bleeding occurs or if you have any other concerns.
11. In the event of a medical emergency call 911 or go directly to The Reading Hospital & Medical Center Emergency Room.

