

Michael J. Fucci, MD

Arizona Hearing & Balance Center

*Specializing in Diseases
Of the Ear, Hearing,
Balance & Skull Base:
Adult & Pediatric*

*Fellowship Trained In
Neurotology & Skull Base
Surgery*

*Board Certified in
Subspecialty of Neurotology
by American Board
of Otolaryngology*

*Board Certified in
Otolaryngology by
American Board of
Otolaryngology*

*American Academy of
Otolaryngology -
Head & Neck Surgery*

American Medical Assoc.

American Neurotology Soc.

Ashleigh Lewkowitz, Au.D.
CCC-Audiology

Beth Gautereaux, Au.D.
CCC-Audiology

Lindsay Shroyer, Au.D.
CCC-Audiology

POSTOPERATIVE TONSILLECTOMY & ADENOIDECTOMY INSTRUCTIONS

Name _____ Date _____

Please follow these instructions when you go home. The nurse will review the information and answer any questions.

DIET

Eat and drink as much as you can. Cool, wet, sweet liquids provide calories as well as fluid. These include ice-pops, ice cream, sherbet, and ginger ale. Progress to soft foods, such as scrambled eggs, well cooked macaroni, mashed potatoes, etc., as you are able.

PHYSICAL ACTIVITIES

Quiet, indoor activities and rest are advised for one week. If the weather is nice, you may go outdoors. Avoid people with respiratory infections. The second week, you may return to your regular activities, **with the exception of physically strenuous activities**, such as PE class, running, or lifting weights.

BATHING

There are no bathing restrictions; however, you **may not** swim for two weeks.

WORK OR SCHOOL

Plan on one week off of work or school. You may return to work or school the second week after surgery, with the physical restrictions listed above.

THROAT CARE

Report to the doctor any unusual discomfort or unusual fresh bleeding. Report any temperature over 102 degrees after the second postoperative day. It is not unusual to have blood streaked saliva for 24 hours after surgery.

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MEDICATIONS

A prescription will be given to you and should be used for pain as directed. **DO NOT** use any medication containing aspirin or ibuprofen, as these medications promote bleeding.

FOLLOW-UP CARE

If you were not given an appointment for a postoperative visit, please call the office. Your physician will wish to see you one to two weeks after surgery.

ADDITIONAL INSTRUCTIONS

Pain in the throat and ears may be present from the time of surgery and may increase towards the end of the first week. White, green, or grayish patches will develop at the surgical site - this is the normal healing process and does not indicate infection.

If you have any questions, please ask the doctor.

Patient or family has been instructed and given a copy of this information.

signature of nurse

signature of physician

date