

POSTOPERATIVE INSTRUCTIONS FOR TONSILS & ADENOIDS
DR. CHARLES JOHNSON

1. Stay quiet for the first three (3) days preferably in the house to promote healing.
2. Gradual increase in activities after the third postoperative day. Can return to school one (1) week after the operation.
3. Swimming is prohibited until after the postoperative check-up (14-21 days).
4. Fruit juices, bananas, salty, greasy, and hard foods (such as potato chips, corn chips, or pretzels), should be avoided during the first ten (10) days. Gradual return to regular diet after surgery is encouraged. Force fluids until regular diet habits are resumed.
5. **Do not** take aspirin or ibuprofen or chew aspirin gum. Take Tylenol or prescription pain medications as directed for pain relief.
6. Fever (up to 100-101), sore throat, and/or an earache can be expected off and on during the first ten (10) days after surgery.
7. Some light bleeding can be expected from the nose or throat between the 5th to 10th days of recovery. But, if bright red bleeding lasts more than ten minutes, call our answering service or office for advice.
8. Postoperative office visit should be scheduled for approximately two to three weeks (14 to 21 days) after surgery.

If necessary call **OFFICE:**

A.D. Williams Clinic

1201 E. Marshall, Suite 401

Phone: (804) 628-4368 Fax: (804) 828-8299

Stony Point Surgery Center Medical Office Building

8700 Stony Point Parkway, Suite 220

Phone: (804) 323-0830 Fax: (804) 323-0829

Patient/Representative Signature

MD/Nurse Signature

Date