

The Balance and Ear Center  
Postoperative Instructions  
**TONSILLECTOMY/ADENOIDECTOMY**

1. Report any bright red bleeding to our office immediately.
2. For brisk bleeding call 911 to get to the closest emergency room.
3. Sore throat and pain are normal and can be quite severe for the first 2 days after surgery.
4. For pain do not use aspirin/ibuprofen products. Tylenol is preferred. Taking medications ½ hour prior to eating will help decrease pain.
5. On the second and third days after the procedure, activity levels can be resumed.
6. No strenuous exercise for 2 weeks after surgery.
7. Fever after surgery is quite common. If fever over 101.5 or if the fever persists for longer than 2 days after surgery, please contact our office.

*Should any questions or problems arise, please call our office.*

The Balance and Ear Center  
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Patient/Representative Signature

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MD/Nurse Signature

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Date