

POST-OPERATIVE INSTRUCTIONS & MEDICATION – TONSILLECTOMY (ADULT)

Pain Control

- Tylenol Extra Strength every 6 hours (max dose = 1,000 mg every 6 hours).
- Ibuprofen every 6 hours (max dose = 800 mg every 6 hours).
- Please alternate Tylenol and Ibuprofen so you get one of them every 3 hours. Recommend using these around the clock for the first few days to stay on top of pain. Then you can start taking them on an as needed basis for pain.
- Oxycodone (narcotic pain medication) has been prescribed for moderate to severe pain. May take 5 mg every 4 hours. Do not exceed 6 tablets in a 24-hour period. Be aware that this narcotic pain medication can make you drowsy, and you should not drive while taking it.
- Docusate is a stool softener which has been prescribed for use while taking narcotic pain medication to avoid constipation.

Steroid Prescription

- Prednisone (40 mg) each morning for 5 days. Please start the morning after surgery.
 - Note: This is not a “necessary” medication, but it does decrease inflammation and can help with symptoms during recovery if taken as recommended. If you have diabetes, it can alter your blood sugar, so you should monitor blood sugar closely. Please take with Dr. Sheffield if you have concerns.

Activity

- Most every day activities are fine. Recommend avoiding doing things that would elevate heart rate or blood pressure to high levels or increase pressure in your head. Avoid heavy lifting or rigorous exercise for 2 weeks.
- **Recommend sleeping with head of bed elevated (on a couple of pillows or in a recliner) for first night after surgery.** This will help decrease inflammation.

Diet

- Soft diet of 2 weeks. Avoid crunchy, sharp-edged foods that can irritate the back of the throat.
- **Drink plenty of fluids** to stay well hydrated. This will help with pain as well as decreasing risk of bleeding. Ice cream, jello, popsicles, smoothies, etc. count as liquids!

Note: Antibiotics are not routinely needed after tonsillectomy. It is normal to have **bad breath** while healing. It is also normal to have white/yellow in the back of the throat where the tonsils were (these are the ‘scabs’). These things do not mean there is an infection.

Please contact Dr. Sheffield or go to the ER if there is any bleeding, or if there is concern for not drinking enough and getting dehydrated.

Follow up in 1 month. If things are going great, you may elect to just follow up as needed. If you have questions or concerns, please contact the ENT department during normal weekday hours; for nights and weekends, feel free to call Quincy Medical Group main operator, and they can help you get in touch with us.

Your prescriptions were e-prescribed to: _____