



# Adenoidectomy and Tonsillectomy Post-Operative Instructions

Following these post-operative instructions will help ensure a smooth recovery and minimize scarring after your surgery with Dr. Kevin Caceres. Adhering to these guidelines can significantly enhance the healing process and improve the overall outcome of your surgery.

**1. What to expect post-operative:**

- Severe throat pain and difficulty swallowing: Some throat pain and difficulty swallowing are normal. This should gradually improve over time.
- Fevers for the first few days: A mild fever can be a normal response to surgery and inflammation. Low-grade fevers (below 100.4°F or 38°C) are usually not a cause for concern.
- White spots in the back of the throat and bad breath: White spots and bad breath can occur due to healing tissues and scabs in the throat area.
- Small amount of blood in saliva: A small amount of blood in saliva is normal. This should gradually improve over time.

**2. Call Provider or Visit the Nearest Emergency Room:**

- Vomit blood
- Severe pain that is not managed by prescribed pain medication

**3. Activity Restrictions:**

- Rest and Avoid Strenuous Activities: Give your body time to heal by avoiding heavy lifting (20 lbs.), vigorous exercise, and activities that could strain the surgical area for at least two weeks post operation.
- Gradual Return to Normal Activities: Gradually resume normal activities. Most patients take about a week off work or school. Patients returning to work must avoid heavy lifting and discontinue narcotic pain medication.
- Do not drive if taking narcotic pain medication.

**4. Medication Adherence:**

- Pain Management: Take prescribed pain medications directed to manage discomfort without overuse.
- Antibiotics: Complete the full course of prescribed antibiotics to prevent infection.
- Other Medications: Follow instructions for any other medications prescribed, such as anti-inflammatories, anticoagulants, or antiemetics.

**5. Diet and Hydration:**

- Soft food diet: Follow a soft diet only for two weeks. Do not eat anything hard, crunchy, or sharp as this can scratch the back of the throat and cause bleeding.
- Hydration: Drink plenty of water to stay hydrated, which aids in the healing process.

**6. Avoid Smoking and Alcohol:**

- No Smoking: Avoid smoking, as it can significantly impair healing and increase the risk of complications.
- Avoid Alcohol: Avoid alcohol consumption for at least two weeks post operation, as it can interfere with medications and the healing process.

\_\_\_\_Patient Initials

**Kevin Caceres, MD**

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### 7. Follow-Up Appointments:

- o Attend All Scheduled Visits: Keep all follow-up appointments with Dr. Caceres to monitor your healing progress and address any concerns.
- o Report Complications: Contact our office immediately if you experience signs of infection (e.g., increased redness, swelling, warmth, or drainage), excessive pain, or any other unusual symptoms.

### Additional Tips

- Comfort Measures: Use ice packs as directed to reduce swelling and discomfort. Elevate the surgical area if recommended.
- Clothing: Wear loose, comfortable clothing that does not rub or irritate the surgical site.
- Emotional Well-being: Take care of your emotional health by getting adequate rest, managing stress, and seeking support from family and friends.

For any questions or concerns during your recovery, please contact our office at 727-870-3223 or email us at [tcent.contact@entaaf.com](mailto:tcent.contact@entaaf.com). We are dedicated to supporting you throughout your recovery and ensuring the best possible outcome from your surgery.

**MY SIGNATURE BELOW INDICATES I HAVE READ, UNDERSTAND, AND AGREE TO FOLLOW THE POST OPERATIVE INSTRUCTIONS STATED IN THIS POLICY.**

\_\_\_\_\_

Witness Signature

\_\_\_\_\_

Patient / Agent / Guardian Signature

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Date Signed

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