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## **Tonsil and Adenoid Patient Pre-operative and Post-operative Instructions**

Items to obtain prior to surgery:

- Popsicles, yogurt, ice cream, protein shakes and soft foods

Medications to stop **two weeks** prior to surgery:

- Aspirin
- Plavix
- Ibuprofen (Motrin, Advil)
- Naprosyn (Alleve)
- Vitamin E
- Gingko Biloba
- Fish Oil

Medications to stop **four days** prior to surgery:

- Warfarin (Coumadin)

***Please consult your Primary Physician or Cardiologist prior to stopping your anticoagulants. May resume medications one week following surgery.***

### **DAY BEFORE SURGERY - \*\*NOTHING BY MOUTH AFTER MIDNIGHT\*\***

Medications to take the morning of surgery (unless otherwise instructed by your PCP):

- Antihypertensive (blood pressure)
- Anti-reflux (Nexium, Aciphex, Omeprazole, Protonix, Zegerid, Prevacid, Kapidex, Zantac, Pepcid)
- Antibiotics for heart or metal implants will be given IV prior to surgery

Medications **NOT** to take the morning of surgery (unless otherwise instructed by your PCP):

- Glucose lowering medications, including insulin

Days 1-3 following Surgery:

Make sure to take the pain medications regularly and keep up with fluids

Days 4-7 following Surgery:

The pain will increase as the scar contracts. You may also experience referred pain to the ears.

Days 7-14 following Surgery:

The pain may start to improve, but continue restricted activity. Highest risk of bleeding during this time. A small amount of bleeding is expected when the scabs come off. Remember to rinse with peroxide. If the bleeding is only a small amount and stops easily, it is nothing to worry about.

Restrictions:

- No heavy lifting or strenuous activity for two (2) weeks following surgery

**If you have any questions or problems related to your procedure, please call your Surgeon's office.**