

Doctors of Ear, Nose, and Throat and Head and Neck Surgery
Dr. Christopher Tiu, MD Dr. Jeremy Tiu, MD
30 Medical Park, Suite 223
Wheeling, WV 26003
Ph: 304-234-2060

Tonsillectomy and Adenoidectomy

Before Surgery:

- Do NOT take any of the following medications at least 10 days before or after surgery (they may increase the risk of bleeding): Aspirin, Advil, Motrin, Aleve, Ibuprofen, Toradol, Vitamin E, fish oil, or herbal remedies
- If you take a pain medication not listed above, check with the doctor.
- You may take Tylenol.

After Surgery:

What to expect:

- Sore throat (lasting 7-10 days)
- Ear Pain (this is known as “referred pain” because the ears and the tonsils share the same nerve)
- Bad breath
- Scabs in the throat (wet ones are white/gray)
- Fatigue/flu-like feeling (lasting 7-10 days)

Diet:

- Liquids: The more the better. Some liquids like soda and orange juice may burn, but are okay if tolerated. Enough liquids should be given so that the patient urinates 2-3 times a day or more. If not, call the doctor.
- Solids: Anything may be given as tolerated.

Activity:

- No strenuous lifting, running, or straining for 2 full weeks. No gym class.
- Light activity is okay (such as walking, sitting in school, riding in the car).

School/ Work:

- Expect the patient to take off at least 5-7 days to recover. However, if the patient feels better sooner than that, check with the doctor to authorize return.
- If a NOTE to excuse absence from school/work is needed, the doctor can give you one at time of surgery, or call the office.

Travel: Because of the risk of post-operative bleeding up to 2 weeks after surgery, NO travel beyond 20 minutes from home/hospital.

- **Medicines:** Antibiotics: usually given for about 7 days after surgery. Take all the medication, as prescribed.
- **Pain medication:** Liquids or pills may be used. A prescription will usually be provided. Follow instructions, take as needed. If pain medication is inadequate, notify the doctor.

CALL MY OFFICE:

- To schedule the **Post-Operative Appointment:** If this is not scheduled already, please call the office for an appointment:
 - Dr. Christopher Tiu – schedule 10-14 days after surgery
 - Dr. Jeremy Tiu – schedule 1 month after surgery if needed or desired
- **If you have any bleeding.** Bleeding is commonly noted the day of surgery, and then about 5-10 days after the surgery. Any more than a minor amount (blood tinged saliva), call the office or go immediately to the Emergency Room. The school nurse should know to call us, if bleeding occurs at school.

Phone Numbers:

- OFFICE - **(304) 234-2060** between 8AM and 5PM, Monday-Thursday, and 8AM and 3PM on Friday.
- After hours, call the Answering Service at **(740) 325-9218** and ask for the ENT doctor on call.