



INTEGRATED MEDICAL SERVICES
EAR • NOSE • THROAT
SINUS CENTER

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Tonsillectomy and Adenoidectomy

(T & A) are surgical procedures to remove the tonsils from the back of the mouth and adenoids from the back of the nasal cavity, reasons for removal, include impaired breathing, chronic infections, or recurrent earaches.

**** It is normal to experience some oozing and bleeding out the front of your nose and down the back of your throat... Severe bleeding is very rare, and if this occurs, please contact our office****

Most common Post-OP symptoms:

1. Recovery phase is typically 7-14 days from surgery.
2. Congestion, snoring, and bad breath are normal during the recovery phase.
3. Some pain and discomfort is normal. Tylenol and Motrin are typically recommended. ****Prescription strength narcotics are NOT usually necessary****
4. Sore throat is normal. Encourage plenty of liquids. (Popsicles, ice cream, Jell-O, fruit smoothies and Gatorade are all excellent).
5. Low-grade fevers are not uncommon as long as the patient stays hydrated. If your child has fever greater than 101.5 notify the office.