

Guidelines for invasive-diagnostic procedure aftercare

Tonsillectomy and Adenoidectomy

1. The entirety of the day of surgery will be spent in bed at the clinic. Sitting and necessary visits to the restroom are allowed. However, a nurse will attend to you during the first 12 hours after the surgery.
2. **You will spend the first 12 hours after the surgery in the clinic.** After 12 hours, you can return home, and we urge you to have a confidant or nurse to assist you at home for the next 72h. We also advise that you have a driver and a car within proximity / access. Any adverse reactions to the surgery or post-surgery medical conditions will be addressed and treated immediately by our physician or the doctor on duty. If, in the case of sudden and/or worsening health conditions you cannot reach our physician, doctor on duty or the surgeon's assistant, you should immediately seek emergency medical support by dialling 112.
3. Immediately after surgery, bleeding occurs and salivation increases - the blood and saliva in the mouth must be spit out, not swallowed. Immediately after surgery, we recommend that you do not cough, talk, eat, drink or rinse your throat to reduce bleeding.
4. Eating and drinking is allowed from the second day after surgery. In the case of tonsillectomy and throat surgeries, do not eat any food that is chemically or physically irritating for 3-4 days after the surgery. Food should not be too acidic, salty, spicy, etc. Food should be chosen something that is easy to swallow.
5. **All kinds of physically demanding activities are forbidden within the first 2 weeks due to high risk of bleeding.** Stay calm at home. In case of only adenoidectomy, home regimen is for 3 days.

You should start feeling better around the 5th day after surgery. If the healing process in the traumatized area of your body seems to stop or adverse reactions seem to occur / increase, inform the clinic immediately. Anything in your lifestyle that increases the pain or prevents healing of the wounds is forbidden. Avoid hanging your head upside down as this may cause further swelling in the nose.

6. Even during normal healing process some bleeding may occur. White patches of coating will form on operated area, which will disappear as the wound heals. Taste buds may also be affected for a while after surgery.
7. Throat pain is usually worst in the mornings, painkillers will help with that. More accurate directions and means will be provided by the clinic.
8. Also, fever may occur during first week after surgery. If it persists longer or raises over 38°C, your doctor will prescribe anti-inflammatory medication.

9. **Do not smoke** during the first 14 days after the surgery, as it can delay or obstruct the healing process.
10. Heat procedures (sauna, bathing, sun-bathing, tanning in salon) are allowed one month after surgery. **Showering** is allowed from the 5th day after surgery.
11. Sporting, physically active hobbies and alcohol is also forbidden during 1st month after surgery.
12. About 2 weeks after surgery one may go back to work or school. In case of only adenoidectomy, one may go back to work / school after 1 week.
13. **Communication between you and the clinic can help us resolve your problem effectively.** Make sure you are easily reachable during the post-surgery period and come in for a follow-up visit on the 2nd month. If your contact information changes, you must report the change to the clinic.