

Guidelines for invasive procedure aftercare

Tonsillectomy and Adenoidectomy

Stay in the hospital	1 night, if necessary, more
It is prohibited to rinse your throat	Within 2 days
It is prohibited to cough	14 days
First shower	On the 4th day
You may drink liquids	On the 2nd-7th day
You may consume other foods	From the 8th day
Any physical exertion is prohibited	2 weeks 3 days for adenoid removal only
You start to feel better	After 5 days
May go to work	After 2 weeks After 1 week only adenoids removal
Swelling and bruising appear	For 2-3 week
Avoid doing sports and physical exertion	1 month
Avoid sexual relations	1 month
Threads self-dissolve	For 2 weeks
Forbidden to smoke	1 month
Avoid using alcohol	1 month
You may visit sauna/solarium, have a bath	After 1 month