

# Adenoidectomy and Tonsillectomy

## Pre-operative Instructions and Restrictions:

In the days preceding surgery, your child may take paracetamol (Panadol), prescribed antibiotics, or an over the counter cold medicine as long as it does not contain Aspirin or Ibuprofen. Please notify your doctor if there is a family history of bleeding tendencies or if the child tends to bruise easily.

The following should not be ingested within 14 days of your child's surgical date:

- Aspirin
- Ginkgo Biloba
- St. John's Wort
- Omega-3 fatty acid

The following should not be ingested within 7 days prior to your child's surgical date:

- Anti-inflammatory medications (Naproxin, Aleve, Celebrex, etc.)
- Ibuprofen products (Advil, etc.)

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