



## **POST OPERATIVE TONSILLECTOMY INSTRUCTIONS**

**ACTIVITY:** Until the first postoperative visit to the doctor, **the patient should stay at home with no activity, preferably bed rest.**

**DIET:** After the tonsillectomy surgery **hydration is essential.**  
Diet should consist of cold and very soft food (ice cream, milkshakes, custard, jell-o, yogurt, applesauce, and pudding). **Please refer and pay close attention to the diet instructions sheet.**

**PAIN:** Sore throat and earaches are very common and may intensify a few days after surgery. Tylenol or other pain medications that are prescribed should be continued. Chewing regular gum is also helpful in pain reduction. **Earaches will improve as the throat heals, as it is a referred pain from the throat.**

**TEMPERATURE:** Temperature elevation is very common and Tylenol should be given and oral intake of fluids should be increased. **Despite these measures, if it is more than 101° and steady, this should be reported to the doctor.**

**BREATH:** Unpleasant breath is common. It usually lasts several days and disappears as the throat heals.

**BLEEDING:** Bleeding may happen anytime in the first two weeks of surgery. **If any amount of bleeding happens, the doctor should be informed immediately and the patient should proceed to the hospital emergency room.**

**THINGS TO AVOID:** Solid diet, hawking to clear the throat, gargles, and mouthwashes.

**ALL INSTRUCTIONS ARE IN EFFECT UNTIL THE POSTOPERATIVE VISIT TO THE DOCTOR.**