

## TONSILLECTOMY

### Post- Operative Instructions

#### What to expect:

- **Pain** - Pain is to be expected for 10-14 days after your procedure. Pain medications will assist with pain control but is not expected to take all the pain away. Pain can be “referred” to the ears after a tonsillectomy. Pain is expected to be the most intense on days 1-3 and 5-8. Using your pain medication on an every 4 hour schedule will allow for the best pain control on these days.
  - **White throat patches** – This is the oral tissue’s way of scarring and does not represent an infection.
  - **Bad breath**
  - **Constipation** – From a lower food intake and a side effect of pain medication. A stool softener can minimize this.
  - **Swelling of the palate/uvula** – This is minimized by keeping your head elevated (sleeping upright). Ice chips and cool drinks may help minimize swelling.
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1. **Activity:** Avoid straining, heavy lifting, strenuous activity, bending over, blowing your nose or sneezing for 2 weeks. These activities will increase the likelihood of bleeding. Get plenty of rest.
  2. **Medications:** Take your pain medication as directed. DO NOT use multiple pain medications at the same time. You may use your pain medication every 4 hours. Take pain medication with food and DO NOT drink alcohol or drive while using pain medication. You may restart all other routine medications other than Aspirin/NSAIDS’s (Aleve, Advil, Motrin, Ibuprofen, Alka-Seltzer) three days after surgery or as directed by the doctor.
  3. **General Anesthesia:** DO NOT drive for 24 hours or while taking pain medication. DO NOT drink any alcohol for 24 hours or while taking pain medication. DO NOT make any critical decisions for 24 hours. You must have a responsible adult stay with you for 24 hours after surgery.
  4. **Diet:** Soft foods (mashed potatoes, soups, oatmeal, etc.) cool foods and liquids (popsicles, jello). Avoid spicy foods and citrus. Drink plenty of fluids. NO STRAWS. It is normal not to eat solid food for several days after your procedure as long as fluid intake is adequate.
  5. **Call Dr. Dent:**
    - For bright red blood from the mouth, more than 1 tablespoon.
    - For poor fluid intake- less than 16 oz for adults or less than 8 oz for children under 12 in 24 hours accompanied by minimal to no urination.
    - For a persistent temperature above 101.5 degrees or severe chills.
    - Persistent nausea or vomiting.
    - Difficulty breathing.

You will have one post-operative visit approximately 7 days after surgery. At this visit you will discuss pathology results.

If unable to reach Dr. Dent with an urgent or severe problem, call 911 or go to the nearest emergency room.