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**Ear  
Nose  
Throat**

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## *Post Tonsillectomy Instructions*

**REST:** No strenuous activity, heavy lifting or vigorous activity for two (2) weeks. After this time period, a gradual increase to your normal daily activities can take place.

**DIET:** FLUIDS are **VERY** important to maintain adequate hydration and ensure healing without complications. Mild low acidic juices (Apple, Apricot), frozen drink bars (not red) and Gatorade are a few suggestions. SOFT foods like scrambled eggs, oatmeal, mashed potatoes, jello and applesauce are easy to tolerate. Hot and spicy food and food with sharp edges (potato chips, toast, crackers, pretzels, nacho chips) should be avoided.

**MEDICATION:** An antibiotic and a pain medication will be prescribed. Take the medication only as prescribed. Take your pain medication around the clock for the first few days to keep your discomfort level manageable. By day three, you may take it as needed. After ten (10) days, medication should not be needed. Side effects are rare but may include nausea, stomach upset, rash, hives and constipation. **DO NOT DRIVE** when you are taking the pain medication. If you encounter any difficulty with your medications, notify your physician.

**POST OPERATIVE COURSE:** It is not abnormal to have ear pain following Tonsillectomy. The nerves to the mouth pass by the ears. Your pain level may increase five (5) or six (6) days after surgery. Remember, **FLUIDS** frequent sips, it will take approximately seventy-two (72) hours for you to "turn the corner".

**FEVER:** A slight fever sometimes occurs after anesthesia. It should not persist past three (3) days. If it does, notify your physician.

**WHITE PATCHES:** The back of your throat, at the surgical site will usually appear white. This is normal and is a "scab" that is forming where your tonsils had been. Your uvula (the tissue that hangs down near the back of your throat) may also be swollen.

**BLEEDING:** Although rare, bleeding may occur especially between days five (5) to ten (10). This may be minor and you can first gargle with a mixture of tepid water with a teaspoon of salt to stop the bleeding. Notify your physician.

**HYPERNASAL SPEECH:** May occur after surgery but, it is usually temporary.