

Pain Management and Medications

You will have a sore throat. You may be given a prescription for pain. Please take as directed. If no prescription is provided, Tylenol may be given on a regular basis according to the directions on the package. Placing a humidifier in your room can also help make you more comfortable. Also, raising your head and shoulders with a pillow can help reduce swelling.

You may also have an earache. This is common. Warm compresses to the ears are helpful.

Pain can sometimes be worse toward the end of the first week. This is normal. You may have a stiff neck.

Activity/Exercise

Try to stay as quiet as possible in the house for the first 2 days (laying in bed or on a couch). Avoid persons with coughs, colds, and illnesses for 2 ½ weeks

No strenuous activity or sports, etc. for 2 ½ weeks.

You may back to school or work in a week to 10 days after surgery. Avoid going on long trips out of town for 2 weeks after the operation.

Diet

Drink plenty of cool fluids, popsicles, freezies, Jell-O, and sherbet following surgery.

The day after surgery, you may eat ice cream, any soft foods (e.g. puddings, mashed potatoes, Jello, oatmeal, etc.)

Avoid using straws and acidic juices (orange, grapefruit) for 10 days.

Avoid foods that could hurt the throat such as pizza and toast crusts for 2 ½ weeks.

Dressing/Wound Care

You may have bad breath for about 2 weeks after the operation. To help with this rinse your mouth with water or gently brush your teeth. Do not gargle or swish anything around in the back of your throat.

You may have white patches where the tonsils were for several days. This does not mean that you have an infection.

To protect your throat, try not to cough, talk loudly, or clear your throat a lot for 7-10 days. If you need to sneeze, do so with your mouth open.

Do not blow your nose for at least 1 week after surgery. If your nose is dripping, just dab it with a tissue.

Tonsillectomy Adult

Danger Signs to Watch out For

Contact your healthcare provider or surgeon if:

- You have a fever of 38.5°C (101°F) or higher
- Vomiting (throwing up) that does not stop
- Pain that gets worse
- Unable to swallow fluids
- Fresh blood in the nose or mouth

Seek care immediately or call 911 if:

- You are bleeding or having trouble breathing

Follow-Up

A follow up appointment will need to be made between 4-6 weeks after surgery. Please call the surgeons office to make an appointment.

If you have any questions, please contact your surgeon's office.

Other Instructions:
