

POST-OPERATIVE TONSILLECTOMY INFORMATION

Diet: There are few restrictions on your diet. For the most part you can resume your regular diet. It is advisable to stay away from citrus fruits and drinks since they may cause a burning sensation when ingested. Foods with sharp edges such as potato chips and pretzels may also be uncomfortable. By 2 weeks there should be no problems with eating any of the above items. **Drink plenty of fluids.**

Medications: It is usual practice to prescribe an antibiotic to help prevent infection and pain medication. You should take them as prescribed. Side effects are rare but may include nausea, stomach upset, rash, and hives. Please call the doctor if any problems are encountered with the medications.

Activity: No strenuous activity, heavy lifting, or vigorous activity for 2 weeks. After this period gradual increase to normal activity can take place.

Expected course after surgery: It is not abnormal to have ear pain since the nerves to the mouth pass by the ears. Pain may get worse up to 5 or 6 days after surgery before it begins to improve. By 10 days medications should not be needed. It is advisable to take the pain medication as prescribed and around the clock the first few days to prevent pain from occurring. By the 3rd day you may take it as needed. Keeping well hydrated by drinking a lot of fluids will help ease the discomfort.

A slight fever sometimes occurs after anesthesia. However, it should not persist past 3 days. If this occurs please notify the physician.

Bleeding may occur especially around days 7-10. Although this is uncommon it **needs to be evaluated.** Please notify the doctor right away.