



POST-OP TONSILLECTOMY INSTRUCTIONS

1. Following tonsillectomy, the patient will have pain in the throat and possibly in the ears due to "referred pain" from the tonsillectomy site. The ear pain will not be from an ear infection and the patient should take the same medication for the throat and/or ear pain.
2. Excess mucous is often produced in the mouth with any focus of pain in this area. Make sure the patient is taking adequate liquids to keep the mucous thinned out and easy to swallow. The patient should be drinking water, diluted 7-Up (one to one with water), broth and eating popsicles the first few days especially. Soft foods eaten and chewed slowly may be eaten the first day. Please avoid citrus juices such as orange juice and lemonade as they may irritate the throat.
3. An elevation of temperature is often seen the first night after tonsillectomy and can be as high as 101 or 102 degrees. This is usually of no concern and most likely is due to the presence of a large raw surface at the tonsillectomy site. Drinking more liquids taking Tylenol elixir will usually reduce the temperature. If the temperature is still elevated the next morning, contact the doctor.
4. Some people may be fortunate enough to eat soft foods such as soft scrambled eggs, macaroni, or other soft noodles beginning the second or third day after surgery.
5. At four to seven days after tonsillectomy, the patient may notice development of more pain in the throat and ears. This is usually due to the normal healing process. The scab which forms in the tonsillectomy site begins detaching four to seven days after surgery and the nerve endings in the tonsillectomy site are directly exposed to saliva, mucous and food particles. Scar tissue will gradually form over the next day or two and this pain will lessen. The patient should take the original pain medication for this pain. Occasionally bleeding will occur as the scab detaches at four or seven

days after surgery. Swishing ice water and/or sucking on ice will usually control this. If bleeding persists after $\frac{1}{2}$ hour, call the doctor or go to the emergency room.

6. After a tonsillectomy, the patient should not engage in heavy exercises for two weeks after the operation. The patient should also not go out of town during the first two weeks following this surgery. The tonsillectomy site is usually well healed at a little over one week post-operatively, but occasionally late bleeding can occur as any scabs in the tonsil socket detach.

MY POST-SURGICAL INSTRUCTIONS HAVE BEEN REVIEWED AND EXPLAINED TO ME. I UNDERSTAND THESE INSTRUCTIONS AND ALL MY QUESTIONS WERE ANSWERED.

Signature: _____

Date: _____