



## INSTRUCTION SHEET POST-TONSILLECTOMY

Alvin Umeda, MD  
Board Certified  
Otolaryngology

### Post-Tonsillectomy Instructions & Information

- **It is most important to drink plenty of liquids.** Continuous or frequent sipping of cool liquids reduces pain, helps to prevent becoming feverish and improves one's sense of well being. Besides water, apple juice, grape juice and Popsicles are good choices.
- **Eat a soft diet.** Frequent small portions are recommended over large meals. Avoid citrus products, spicy foods, foods that are too hot in temperature or foods that are hard or crusty. Gradually resume your usual diet as your throat begins to recover.
- **An "ice collar" to the neck helps to decrease pain.**
- **It is normal for a whitish yellowish coating to form where the tonsils have been removed. This will fade away as the throat heals.**
- **The mouth may develop a bad odor during the healing process.**
- **An earache may occur since pain tends to radiate to the ear from the throat.**
- **Your tongue may feel sore since a retractor was used to push the tongue out of the way while the tonsils were being removed.**
- **A low-grade fever may occur up to 99° or 100°. The pain reliever that you have been prescribed contains acetaminophen (Tylenol) which also helps to treat a fever. Parents should be careful not to give both the prescribed pain medication along with over-the-counter Tylenol to children since this could result in an overdose of acetaminophen. You may substitute Tylenol for the prescribed pain medication if pain seems less severe. If fever over 101° lasts longer than 48 hours, you should contact our office or call the Nurse Advice Unit (after hours). Do not treat a fever with aspirin or ibuprofen since these drugs can make bleeding more likely to occur.**
- **Nausea is common after undergoing general anesthesia and usually resolves after the first day. A prescription for anti-nausea medication can be provided if necessary.**
- **Bleeding from the throat can occur any time after surgery up to about 10 days. Blood tinged saliva is expected during the first 24 hours after surgery and can occur again about a week later. If mild bleeding occurs from the throat or if you cough up or vomit bright red blood, you can try holding cold water in the mouth to promote constriction of the blood vessels and thereby stop the bleeding. If bleeding persists then contact our office or the Nurse Advice Unit (after hours).**
- **For serious bleeding please go directly to the Emergency Department.**
- **There is always a surgeon on call to assist you if a serious problem arises.**

Dr Umeda's office (909) 862-1191 ext 5467 or 5468  
Nurse Advice Unit (909) 862-1191