



INSTRUCTION SHEET TONSILLECTOMY

Tonsillectomy Instructions

- **Frequent small sips of liquids such as juice, Popsicles, Jello, water, fruit-flavored drinks are easiest at first and are important for maintaining hydration and helping your medicine take full effect. Soda or citrus may be used if desired; they might be uncomfortable at first, but pose no danger.**
- **Soft food such as pureed or blended food, pasta, rice, soups, ice cream, yogurt, cottage cheese, etc. can be started as soon as comfortable. Dairy products are okay if comfortable to you.**
- **Avoid any food with sharp edges such as chips, crackers, toast, dry cereal until 14 days following surgery. This is important even if you feel like eating this type of food sooner than 2 weeks, so that scratching of the throat which can cause bleeding may be avoided.**
- **If possible take your liquid antibiotic medicine and pain medicine with or soon after some juice or water. This will help with swallowing the medication and will help avoid side effects of nausea. You may substitute plain Tylenol for pain medication.**
- **There may be nausea or vomiting the first evening as a reaction to anesthesia and small amounts of blood in the stomach. The fluid may appear bloody but does not represent danger. Nausea will usually go away by the next afternoon. If it does not, let us know.**
- **The throat may be more sore the 2nd or 3rd day than it was the day before. This is because the anesthetic block that the doctor placed is wearing off. Take your pain medication as prescribed and continue to take frequent fluids. Ear pain is frequent during the first week and is treated with pain medication.**
- **Low grade fever of 99-100 may occur and is a reminder to continue lots of fluid intake. Let us know if a fever of 101 lasts longer than 48 hours. You may treat fever with Tylenol but avoid aspirin/Advil/Motrin/Aleve/ibuprofen or other “anti-inflammatory” medications for 2 weeks.**
- **There will be a white or yellow, slimy patch on the back of the throat where the tonsil was removed. This does not represent infection, and should not be cleaned or manipulated. It will gradually disappear over the next 2-3 weeks.**
- **You can usually return to work or school in 1-2 weeks, when you are able to eat at least a soft diet and there is no possibility that you will need to drive or operate machinery while taking pain medication.**
- **Your voice may have a nasal quality at first because of prolonged under use of throat muscles when tonsils have been very large for a long time. Your voice will return to normal, often with a higher clearer quality within a few days to a few weeks.**
- **Heavy bleeding from the mouth is very rare. If this happens go directly to the emergency room.**
- **Light bleeding or bloody spit occasionally happens 7-14 days after surgery. This will usually quickly stop by holding ice-cold water in the mouth for 15-20 minutes. If the bleeding persists or is heavy go directly to the emergency room.**

Dr. Arruda's office (909) 862-1191 ext 5824
Dr. Cannon's office (909) 862-1191 ext 5470 or 5471
Nurse Advice Unit (909) 862-1191