

**POST OPERATIVE INSTRUCTIONS
FOR TONSILLECTOMY**

1. For patients over 3 years of age, a narcotic pain medication will be prescribed. Do not hesitate to take this as prescribed in order to reduce pain and enable adequate fluid intake. For children under 3 years of age, no narcotic medications will be prescribed. Instead, a regimen of alternating acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) will be recommended.
2. Low-grade fever is common up to one week after surgery. Call our office at 205.414.1368 if fever is consistently higher than 101° for over 12 hours and does not respond to Tylenol, increased fluid intake, or cool baths.
3. Ear pain is common during the recovery period. This is a “referred pain” from healing at the tonsil area rather than an ear infection. Pain medicine and cool packs can be used to help with this pain.
4. White or yellowish-greenish patches at the tonsil area are healing scabs. This is not an infection. The scabs begin to come off 7-10 days after surgery. Call us if white patches occur inside the mouth next to the teeth or on the tongue, as this may be a sign of thrush.
5. Bleeding can occur at any time, although severe bleeding is rare. If any bleeding occurs, call our office immediately at 205.414.1368. If for some reason you do not hear from the on-call physician and the bleeding is excessive, go immediately to the nearest hospital Emergency Room.
6. Bad breath **is common** until the healing is complete.
7. Temporary voice changes may occur for 1-2 weeks after surgery. This is normal.
8. It is important to drink plenty of liquids to avoid dehydration. Signs of dehydration include fever, dry mouth and absence of urine output for several hours. It is best to avoid carbonated and citrus drinks, which can irritate the throat. The post-tonsillectomy diet should consist of liquids and soft food until a regular diet is tolerated.
9. Recovery takes a full 2 weeks and activity should be greatly reduced during this time. Children may return to school after the first week, but should not participate in gym or sports activities for 2 weeks

10. You may use a humidifier at night to keep your throat from drying out.
11. A follow-up appointment should be scheduled about 3 weeks after surgery.
12. **Call during office hours for any questions or medication refills.** Please note the on call physician **does not have** access to your records and **can not** call in pain medication refills at night or on the weekend.

POST OPERATIVE DIET

This diet is non-irritating following tonsillectomies and throat surgery. Cool, clear, liquid foods are given, as well as some dairy products. Dairy products provide substantial nutrition in this diet; however, these can cause excessive mucous production and may need to be limited. Hot foods may cause pain while the throat is healing.

Sample Menu:

Apple Juice	Apple Sauce
Iced Tea	Ice Cream
2% Milk	Sherbet
Gatorade	Popsicles
Warm Soup	Smoothies
Cottage Cheese	Malts
Mashed Potatoes	
Macaroni and Cheese	