

## **ROUTINE CARE AFTER TONSILLECTOMY**

You had your tonsils removed. You may have had the adenoids removed at the same time. You now have a very sore throat. Your recovery will be fairly rapid.

### **ACTIVITY**

- Today rest and slowly increase your activity.
- Spend the first two days at home in bed, on the couch or in a chair and then slowly begin quiet activity. Limit the activity at home until the first post operative visit to the doctor after surgery.
- Avoid vigorous exercise, coughing, sneezing, clearing of the throat, and vigorous blowing of the nose or bleeding may occur.
- Avoid exposure to groups of children who can spread infection to you.

### **SPECIAL INSTRUCTIONS**

- Fluids are very important. Drink at least 2-3 quarts of fluids every day.
- Drink large swallows of fluid (this will hurt less).
- Avoid foods that may scratch your throat.
- Try soft nutritious foods like ice cream, Popsicle off the stick, cooled soups, pudding custard, jello, mashed foods and bland juices.
- Take your medicine as ordered especially if your doctor has prescribed antibiotics and pain medicine. Chewing gum may help with the ear pain.
- **Do not use aspirin or aspirin products, Motrin.**
- You may see white patches in the throat. This is a temporary normal covering during the healing period and is NOT a sign of infection.
- Discomfort in the ears is to be expected for a few days after surgery.
- After the first week, the crusted covering is expected to come off and may cause a little bleeding. Keep the throat moist with lot of fluids.
- **Do not** gargle or use mouthwash.
- Rinse your mouth with clear water after meals.
- Chills or fever over 101 degrees (by mouth)---- Increase fluids.
- Severe earache or severe throat pain not relieved by pain medicine---- Referred pain from throat.

### **Call your doctor if you have**

1. Frequent swallowing or vomiting of blood.
2. Bright red bleeding which lasts more than a few minutes.
3. If you have a problem and can't reach your doctor, go to the nearest Emergency Room.

**Schedule a return appointment in the office for 10-14 days.**

**Phone# 706-236-6499**