



## **Post-Operative Instructions For Tonsillectomy**

1. Stay quietly in bed on the day of surgery. Remain inactive (no school or work) for approximately 1 week. After the first week, the patient can begin to resume normal activity, but avoid physical exertion. No bending, lifting, straining or active play and do not go out of town for 2 weeks following the surgery.
2. We recommend the patient drink cool water or suck on ice chips as much as possible. The patient should drink as soon as possible after the surgery to help decrease muscle spasms. Generally, a well-balanced, nutritious diet which is cool, soft and not too difficult to chew will be best during the first week. Avoid citrus fruits, spicy, hot or crunchy foods that might irritate your throat.
3. For control of pain, please take the medication prescribed. This will generally be Tylenol with Codeine Elixir for children or something stronger for adults. Young children may only need plain Tylenol Elixir. If you are taking prescription pain medication, do not drive an automobile. **IF THE PATIENT IS ALLERGIC TO TYLENOL, PLEASE INFORM YOUR TREATING PHYSICIAN.**
4. **PLEASE DO NOT TAKE ASPIRIN, MOTRIN (IBUPROFEN) OR OTHER NON-PRESCRIBED PAIN MEDICATIONS EXCEPT TYLENOL. THESE CAN CAUSE BREAKDOWN OF THE CLOT IN THE AREA OF THE TONSILLECTOMY AND RESULT IN BLEEDING.**
5. These are some things to remember after your tonsillectomy:
  - Nausea and vomiting are normal for 48-72 hours after surgery.
  - Running a temperature is normal for 48-72 hours after surgery. This does not imply infection.
  - Earaches are very common after tonsillectomy. This is due to the throat pain radiating to the ears.
  - Increased soreness in the throat between the 5th and 10th day following tonsillectomy is common due to the natural process of healing.
  - IF bleeding occurs, it will typically do so within 6 –10 days after surgery.
6. **REMEMBER:** It takes 2-3 weeks to make a full recovery. If some bleeding does occur, suck on ice chips and stay quiet. If bleeding continues for more than 10 minutes, or is heavy, please call our office immediately at 704-289-8220 or 704-752-7575. If you go to an Emergency Room, be sure it is at a hospital at which our doctors have privileges.