



## TONSILLECTOMY POST OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

**You will need someone to drive you home and stay with you for the first 24 hours after surgery.**

**You CANNOT have anything to eat or drink after midnight prior to surgery.**

**The morning of surgery you make take your usual daily medications with a sip of water, unless directed otherwise.**

IMMEDIATELY AFTER SURGERY Your throat will be painful. You will be given medication for pain. You may have an ice bag to help relieve the discomfort in your throat.

The intravenous (IV) will be removed when you are drinking enough and not feeling nauseated.

It is important to talk but not a great deal. This uses your throat muscles so that they do not become stiff.

Do not cough, clear your throat, gargle or spit. Swallow all your saliva.

You may eat whatever you feel you can swallow if it does not have sharp edges. Sharp edges on foods can catch on your incisions and start bleeding.

You must go home with a friend or family member. You cannot not go home alone.

For the first 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. You may rinse your mouth once you get home. Do not gargle. It is important to start drinking right away even though your throat is sore. If you do not drink, your throat will become more painful.

Avoid lifting (greater than 10 lbs), smoking, exercise, swimming, and flying for **2 weeks** following your procedure.

ADULTS: For pain and/or discomfort use Acetaminophen 1000mg every 4 hours as needed (to a maximum of 4000mg per day) and Ibuprofen 400mg every 6 hours as needed.

PEDS: Acetaminophen and Ibuprofen must be dosed according to weight of the child. Ibuprofen should be avoided, is possible, in favor of Acetaminophen.

BLEEDING There is always a chance that bleeding can occur up to 2 weeks after surgery. After the first week a crust can be expected to come off and may cause a

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little bleeding. If bleeding continues, rest, apply cold compresses to your neck and rinse your throat with small amounts of cold water.

**\*\*If bleeding does not stop, go to the emergency Department of the nearest hospital\*\***