

TONSILLECTOMY CARE

- Pain medication is every 4 hours. You may rotate Motrin/Ibuprofen with the pain medication but no additional Tylenol, since there is Tylenol in the pain medication. You may rotate pain medication and Motrin every 2 hours for the first 2 days then every 3-4 hours. For example: 12:00=pain medicine, 2:00=Motrin, 4:00=pain medicine, 6:00=Motrin, 8:00=pain medicine
- We suggest a soft and cold diet after surgery. Some examples include: popsicles, ice cream, yogurt, pudding, Jell-O, milkshakes, mashed potatoes, mac-n-cheese, grits, eggs, oatmeal, rice and gravy, and soup. If you can mash it with a fork, it is soft enough to be eaten.
- Avoid sharp and scratchy items for 2 weeks such as chips, hard tacos, pizza crust, and fried chicken.
- Ear pain is common following a tonsillectomy due to referred nerve pain. Chewing gum can help alleviate/ease this discomfort.
- Performing tongue exercises, where you stick your tongue out and move it up, down, and side to side 2-3 times acts as physical therapy and will help speed up the recovery process.
- A low and slow activity level will help the patient not get overheated and dehydrated which can lead to a postoperative bleed. The patient may go outside but no swimming, jumping on trampoline, or any exertional activities for the first week.

- There are 3 medications on the prescription given to you from our office. Please make sure you get all three from the pharmacy. These medications are for **AFTER** the procedure. You do not need to bring them with you the morning of surgery.
- The more eating, drinking, chewing gum, and tongue movements you do following surgery, the better and faster your recovery will be.
- If you should see bright red blood in the mouth, or begin spitting up bright red blood please call our office immediately. There is a physician on call 24 hours a day.
- You may drink out of a straw if you would like.
- You may drink red colored drinks and foods as well as chocolate. You will be able to tell if you are spitting up bright red blood.
- A scab in the mouth is white. If you look in the back of the throat and see white, do not be alarmed it is **NORMAL**. Because, of the scabs there will be bad breath. You may brush your teeth.
- If you have any questions or concerns throughout the recovery process. Please call our office at **443-9773**.