

Tonsillectomy Post Op Education

Expect

- Throat Pain
- Ear Pain
- Low-grade fever
- Bad breath
- White patches in back of throat and tongue

Diet

- Regular diet is fine, soft and/or cold foods are usually preferred
- Encourage fluids as dehydration makes pain worse and may slow healing

Instructions

- Avoid strenuous activity for two weeks. Nothing that would elevate blood pressure
 - No exercise or physical education (PE) at school
- Avoid aspirin for two weeks
- Take any pain medication as prescribed.
- Avoid school and work for 1 week
- In the event of oral bleeding: (Risk of bleeding is for two weeks)
 - Go to nearest ER to receive care
 - You may need additional surgery to stop bleeding
- Other _____

As your physician discussed with you before the surgery, there is a risk of post-operative bleeding in approximately 3-5% of cases that require another surgery to stop the bleeding. **In the event of significant, heavy or continuous post-operative bleeding, call 911 or go to the nearest emergency room.** If the patient experiences (minor, spotty) post-operative bleeding during normal business hours, please contact our office immediately and proceed to the emergency room. If the bleeding occurs outside of normal business hours, take the patient to the emergency room of the hospital where the surgery was performed. The emergency room doctor will evaluate the patient, call and consult with your physician who performed the surgery, and will determine if surgery is needed to stop the bleed.

Because there is a risk of postoperative bleeding 14 days after the procedure, the patient should not travel out of town during this timeframe and should remain close to the town or city of the hospital where the surgery was performed. Your physician is on call to take care of any post-operative bleeding during this timeframe at the hospital where the procedure was performed. Your physician may work with another qualified physician to provide emergency on call coverage during the 14 days postoperative period