

TONSILLECTOMY

REMEMBER IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE, AND WATER.

On the morning of surgery, please report to L&M or Pequot Surgical Center as scheduled.

1. Throat pain, jaw pain, and ear pain are normal following a tonsillectomy and may last up to 72 hours. Pain may be worse upon swallowing. Often the pain worsens on days 3-6 after surgery, this is expected and not a sign that something is wrong. For Adults this general starts to occur on days 5-10 after surgery.

2. Elevated temperature is not unusual after a tonsillectomy. It is unusual for this to be a sign of infection. If the temperature is measured to be higher than 101.5 F, then please call us. To help keep the temperature down, try to drink as much as possible. Avoid citrus juices, but try cold water, Gatorade, popsicles, sherbet, Kool-Aid, and beef or chicken stock. Ice cream is also acceptable.

3. Prescriptions to be used postoperatively will usually be given to you at the time of surgery or directly faxed to the pharmacy so they will be ready for you after discharge. If an antibiotic is prescribed, the entire antibiotic prescription should be taken as per directions on the bottle.

4. Avoid aspirin or aspirin-related products for two weeks after surgery as well as two weeks prior to surgery if possible. Tylenol and its related products are okay.

5. Pain following a tonsillectomy can be severe. Adults will be given a prescription for pain medication in a tablet or syrup and children may be given syrup. Tylenol/acetaminophen is the preferred medication for control pain for children. If appropriate, the physician will also advise what OTC medications can be used. Remember that pain is normal and some level of discomfort is unavoidable after surgery.

6. It is important to take it easy and give your body a rest following a tonsillectomy. Light activities are fine, but avoid exercise and strenuous activities. You can resume normal activities **two weeks** after surgery date.

7. **DRINK PLENTY OF FLUIDS!** Pediatric patients using sippy cups are asked to remove valve in cup or there are toss and go cups that can be modified so the opens are bigger to decrease suction. It is suggested that straws and cups with straw in them not be used after surgery. Resuming a solid food diet may take over a week, but not drinking enough fluids will lead to dehydration, which can increase the pain, cause fever, and prolong the healing process.

8. Bleeding is one of the most common complications following a tonsillectomy. It can occur at anytime after the surgery up to about **two weeks**. If bleeding does occur, stay calm!! In most cases, it is oozing which will stop on its own. If you do notice any bleeding, please call the office number immediately. If a doctor or nurse does not respond to your call within 15 minutes, then call again. In severe cases, go to the nearest Emergency Room if the office is not open. Most bleeding can be detected by having the patient spit. Blood in vomitus may look like coffee grounds or bright red.

IF YOU HAVE ANY ADDITIONAL QUESTIONS OR PROBLEMS, PLEASE CALL THE OFFICE.