

TONSILLECTOMY POST-OP INSTRUCTIONS:

- Diet
 - Start with soft foods after a tonsillectomy.
 - You may advance to more solid foods as tolerated.
 - Dairy products and drinking from a straw are permitted.
- Activity
 - Light to moderate activity is recommended.
 - Heavy lifting (more than 10 pounds), straining, and contact physical activity should be avoided for 2 weeks following surgery.
- Pain
 - Use Tylenol (acetaminophen) and Motrin (ibuprofen) in alternating doses. Take one or the other every 3 hours to help control the pain.
 - Patients who are old enough may have a prescription for a narcotic pain medication as well. Use this every 6 hours as needed for pain that the Tylenol and Motrin doesn't control. Do not administer when patient is sleeping.
 - Younger patients may receive Hycet (hydrocodone-acetaminophen). This contains Tylenol and can be given INSTEAD OF a dose of Tylenol but not with it.
 - Older patients may receive Oxycodone. This does not contain any Tylenol and can be given on its own, separate schedule.
 - You can use a teaspoon of honey every 4-6 hours as well to help soothe the throat.
 - The pain typically peaks around 7-10 days and then should begin to improve.
 - Ear pain is common and will improve gradually.
 - Adults generally take longer to recover.
 - Do not take products containing aspirin for 2 weeks.
- Bleeding
 - Bleeding occurs rarely after a tonsillectomy, most commonly 7-10 days after surgery.
 - If you experience blood-tinged saliva or a small amount of bleeding, gargle with cold/ice water.
 - If bleeding continues, call the office to speak with our nurse during regular business hours.
 - After hours, call the office and follow the prompts to contact the on-call physician. If your call is not returned within 10 minutes, please call again.
 - After hours, you may go directly to the emergency department if the bleeding is significant. Please notify us if you do so. All of our doctors are on staff at Rex on Lake Boone Trail and WakeMed Main Campus.
- Nausea/Vomiting
 - Some patients experience nausea/vomiting. Typically, this improves within 48 hours of surgery.
 - Please call to speak with our nurse if you need help managing nausea or vomiting.
- Healing
 - The back of the throat often has a white/yellow appearance that returns to pink in 2-3 weeks.
 - The white/yellow appearance does not indicate infection.

- A white coating on the tongue is also very common.
 - Temporary taste alteration or tongue numbness may occur.
 - Severe halitosis (bad breath) is expected.
- Fever
 - A low-grade fever is common after surgery.
 - Please contact our office if the temperature is 102°F or higher and does not respond to ibuprofen or acetaminophen.
- Voice
 - The voice may sound high-pitched or different initially during the healing phase.
 - With time and healing, voice quality should gradually return to normal.
- Constipation
 - Changes in diet and activity and the use of pain medications may cause constipation.
 - Please maintain good hydration.
 - Over-the-counter stool softeners (e.g, Colace or Miralax) may be used if needed.
- If you have any questions or concerns, please call the office and ask to speak with the nurse.