



770-427-0368

## ***AFTER SURGERY INSTRUCTIONS***

### **ADULT TONSILLECTOMY**

#### **WHAT TO EXPECT**

- Pain is common and variable and may last up to 2 weeks after surgery.
- Nausea and vomiting is not uncommon and usually resolves after the first day.
- Low grade fever is common and a sign of the normal healing process.
- Bad breath.
- **Ear pain** may occur as the throat heals – this is not a sign of an ear infection.
- Discolored patches in the throat.

#### **MEDICATION**

- Acetaminophen (Tylenol or equivalent) and / or Ibuprofen (Motrin) is often adequate for pain control after surgery and should be tried first.
- Prescription pain medication is prescribed, do not exceed dose.
- Discard any unused prescription pain medication. Never save at home. Any prescribed pain medication from our office is on the FDA flushing approved list. Drop boxes are available at county offices and selected pharmacies.
- Acetaminophen is contained in prescribed pain medication – do not exceed maximal daily dose.
- Antibiotics are not prescribed due to side effects and lack of benefit.

#### **ACTIVITY**

- Rest and limited activity is recommended for the first few days. Gradually increase activity as strength increases.
- Gradually increase activity as tolerated but avoid strenuous activity for 2 weeks.

#### **DIET**

- Start with cool clear liquids, advancing as tolerated to a soft diet (including any milk products). There is no restriction on any type of diet.
- Maintaining fluid intake is very important during the entire recovery period, helping to reduce pain and speed recovery.

#### **BLEEDING**

- Bleeding may occur at any time after surgery if a scab separates from the healing area in the throat. This usually is a small amount and stops in a few minutes. Ice chips may be used. In case of persistent or excessive bleeding call and/or go immediately to the hospital emergency room.

#### **WHEN TO CALL**

- Call office during routine hours for questions or concerns.
- After hours calls should be limited to urgent problems such as excessive bleeding, drowsiness or persistent nausea.

#### **POST OP APPOINTMENT**

- Check with surgeon.