

Tonsillectomy

HOME CARE INSTRUCTIONS

- Drink plenty of fluids such as water, apple juice, and electrolyte beverages. Jell-o, popsicles, and ice chips are also good sources of fluids. Avoid acidic juices like orange juice.
- Diet should start with clear fluids and advance to soft foods as tolerated. Some suggestions are:

Eggs, applesauce, mashed potatoes, pasta (with butter, margarine, or oil),
Oatmeal, Italian ice, yogurt, custard, pudding, rice, tuna/egg/chicken salad,
Sherbet, ice cream, macaroni and cheese (thinned down), soup

- Avoid spicy and crunchy foods as well as carbonated drinks for 2 weeks.
- Rest frequently.
- Take pain medication as prescribed.
- DO NOT take aspirin, or products containing aspirin, for 7-10 days.
- If possible, use a cool mist vaporizer, especially while sleeping.
- Apply an ice pack to the neck area if this provides comfort.
- See your physician 1 week after surgery.

POSSIBLE SIDE EFFECTS

- You may feel drowsy and nauseated from the anesthesia.
- It is normal to experience throat pain, earache, and bad breath.
- It is normal to experience a low-grade fever (99.5°-101°).
- White patches will appear as your throat heals. These are scabs and will fall off as healing progresses.

CONTACT YOUR PHYSICIAN

- If there is any sign of bleeding.
- If you have a fever greater than 101.1°.
- If you have signs of dehydration such as fatigue, low urine output, or a fast heartbeat.
- If you have any questions or concerns.