



Tonsillectomy Post Operative Instructions

Diet

- DRINK LOTS! Stay well hydrated at all times.
- Eat puree foods, ice cream, and Jello for the first 4-5 days.
- As your throat feels more comfortable, try soft foods like soft bread, soups, and mushy vegetables.
- When your throat feels back to normal, reintroduce regular foods.

Activity

- No sports, exercise, lifting, or heavy activity for 2 weeks.
- No work involving physical activity for 2 weeks.
- May return to work after 2 weeks.

Pain Killers

- Take the prescribed painkillers REGULARLY for the first week.
- You can also take Tylenol as needed.
- AVOID Ibuprofen (Advil), aspirin, and other anti-inflammatory painkillers.
- As your pain improves, you can try decreasing the number of painkillers you take.
- The most important thing is being comfortable enough to drink and stay hydrated.

Special Precautions

- You may have some blood spotting from the mouth in the first 2 days after surgery, and after post-operative day 5.
- Heavy bleeding from the mouth at any time after surgery is NOT NORMAL and you should go to your local emergency department.
- You MAY brush your teeth as normal. Avoid mouth washes.

When To Seek Medical Attention

- If you experience severe pain or fevers;
- If you cannot control your pain with the prescribed painkillers;
- If you experience any heavy bleeding from the mouth;

If you experience any of the above symptoms, please call the office between 830am-430pm or go to your local emergency department.