

Post-Operative Instructions: Adult Tonsillectomy

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- **Diet:** You must drink plenty of fluids to keep yourself hydrated. Avoid hot beverages; room temperature or cool is best. Soft foods are recommended such as Jell-O®, applesauce, pudding, sherbet or ice cream, cooked cereal, mashed potatoes, etc.
- **Pain:** a sore throat (and often transmitted ear pain) is expected for 10-14 days after surgery. Pain medication will be prescribed by your doctor, take as directed. You may also take Tylenol© for pain. DO NOT take any Aspirin-containing medications for 2 weeks after surgery. Check medication labels carefully.
- **Bleeding:** It is possible for bleeding to occur from the throat for up to 14 days after surgery. If you experience any bleeding, call your doctor immediately or proceed to the nearest emergency room for evaluation. If you experience heavy bleeding and don't have anyone who can drive you to the emergency room, please call for an ambulance—do not try to drive yourself.
- **Fever:** You may experience a low-grade fever (100-101°F) for 2-3 days after surgery. If a fever persists beyond this time, contact your doctor.
- **Activity:** No strenuous activity, heavy lifting, swimming, or exercise for 2 weeks after surgery. You may return to work in 7-10 days, but no strenuous activity or lifting at work for 2 weeks.
- For patients who take Coumadin® or any other blood thinner, check with your primary care doctor for instructions as to when to resume these medications after surgery.