

TONSILLECTOMY

- Drink plenty of fluids; such as water, apple juice and powdered juice drink mixes. Jello™ and popsicles are also good sources of fluids (no red please). Avoid acidic juices like orange juice.
- Increase your diet to include soft foods as tolerated. Soft foods may not be tolerated for up to 2 to 3 days post operatively.
- Avoid hot spicy foods and crunchy foods for 2 weeks.
- Rest frequently. An excuse slip for school or work is available if needed.
- Take pain medicine as prescribed.
- DO NOT** take aspirin, ibuprophen or products containing aspirin or ibuprophen for 2 weeks.
- Apply ice to throat for comfort.
- Use a cool mist vaporizer.
- Chew gum between meals to make swallowing easier.
- See your physician 2 weeks after surgery:

Appointment: _____

POSSIBLE SIDE EFFECTS:

- You may feel drowsy and nauseated from the anesthesia.
- It is normal to experience some throat pain, earache and bad breath.
- It is normal to experience a low-grade fever (100.5° to 101.5°).
- White patches will appear as your throat heals.

CONTACT YOUR PHYSICIAN:

- If there is any sign of bleeding
- If you have severe pain that is not relieved with your prescribed pain medication
- If you have a fever greater than 101.5°
- If you have a low fever that lasts for more than three days
- If you have any questions or concerns

301-989-2300

- Dr. Hauck Dr. Bianchi Dr. Asher Dr. Driscoll

If you call after normal office hours please follow the instructions on the recording, a physician will be contacted to return your call.

Comments: _____

