

INSTRUCTIONS AFTER TONSILLECTOMY

1. Discharge from the outpatient surgical center usually takes place within four hours following surgery.
2. Nausea and vomiting are uncommon after tonsillectomy and usually have stopped by the next morning. If it continues, contact the physician.
3. The patient must not indulge in any strenuous activity for three weeks. This includes lifting, straining, and sexual activity. Patients should not drive while they are taking narcotics. Most patients return to school or work in 10 days.
4. Diet should consist of mainly cool liquids for the first few days. It may be gradually advanced to include a soft and non-spicy diet as tolerated. Children should drink roughly 6-8 glasses of liquids a day to prevent dehydration. If your child is not drinking adequate amounts, then contact the physician. Foods which should be avoided include sharp foods, such as pizza crusts, Doritos, etc. Orange juice and spicy foods should be avoided. Pop should be caffeine free and is easier to drink if the bubbles have been removed. A soft diet should continue for three weeks.
5. At the time of discharge, you should receive a prescription for pain medicine and an antibiotic. Ibuprofen should be taken continuously for the first 10 days to prevent pain. The liquid narcotic should be used in addition to ibuprofen if needed. If the hydrocodone is causing nausea, then take plain Tylenol. If the patient is taking much narcotic, then a stool softener such as Benefiber is recommended. Do not take medicine with aspirin. If the uvula swells, start the prednisalone early and refill if needed.
6. Your child will have bad breath and a low-grade temperature (up to 101° F.). Notify your physician for temperature greater than 102° F.
7. Pain in the ear is common and may be worse than the throat pain. Pain may be worse the 5th through the 8th day.
8. A scab forms where the tonsil was located. It is gray in color. If the scab comes loose, early bleeding can occur. If bleeding occurs, the patient should be taken to the Beaumont Hospital Troy emergency room. Do not waste time trying to notify the surgeon. The physicians in the emergency room know how to contact me. If the bleeding stops, the patient should be checked because it is often a warning of more significant bleeding.
9. Return visits should be scheduled for three weeks, sooner if there is a problem. Call the office to schedule an appointment.