

Tonsillectomy

Patient Discharge Instructions

You have received or general anesthesia which may make you drowsy for as long as 24 hours:

- **DO NOT** drive or operate machinery for 24 hours.
- **DO NOT** drink alcoholic beverages for 24 hours.
- **DO NOT** make major decisions, sign contracts, etc. for 24 hours.

SPECIAL

INSTRUCTIONS: Call Dr. Alford if you develop any of the following: persistent fever above 101.5° that is unresponsive to Tylenol,™ persistent nausea and vomiting, or other concerns. If bleeding from mouth or nose occurs call immediately and/or go to the hospital emergency room.

MEDICATIONS: An antibiotic used to prevent infection will be prescribed. Please follow the instructions on the bottle you may begin the antibiotic the morning after surgery.

Pain medication will be prescribed for pain relief. Take as directed every four to six hours, as needed for pain. Do not drink alcohol or drive when taking pain relievers. To avoid dosing confusion keep a written journal of when and how much pain medication you have taken.

Anti-nausea medication will also be prescribed. Use 1 suppository every 4-6 hours, as needed to relieve nausea, this medication may also make you drowsy and help you sleep.

DIET: Fluid intake is the most important factor in your recovery. Cold liquids will be more soothing than warm. You should try to drink at least 10 – 12 glasses of fluid per day. Water, Gatorade, flavored water, protein drinks, non-acidic juices (apple, grape etc), non-carbonated beverages, and milk are all suitable. Avoid using a straw to drink with. Popsicles, ice cream, sherbet etc are all good additions to fluids in the immediate post operative time. Ice chips can be very soothing. When tolerating fluids you may advance to custard, soups, mashed potatoes, macaroni and cheese, puddings, cottage and cream cheese, and eggs.

AVOID: Citrus fruits and juices, tomato juice, hot and/or spicy foods, dry toast, crackers, nuts, chips, hard cereals, all alcoholic beverages. Do not gargle or spray your throat with antiseptic sprays or use aspirin or ibuprofen.

ACTIVITY: Limit activity to bed rest for the first 24 – 48 hours postoperatively. You may gradually increase you activity as tolerated within the confines of the home for one week. No heavy lifting and refrain from strenuous physical activity. Taking pain medication 30 minutes prior to eating will provide comfort when you swallow. Chewing gum may help with ear pain (be sure the gum does not contain aspirin).

Be aware that... you should use caution and sit upright when eating and/or drinking. Bad breath is common during the post operative time and increased fluid intake will help. The back of the throat over the first 24 hours will gradually be covered with white patches, this is **normal healing** and **not a sign of infection**. Normally at about 5 -7 days after surgery these areas will begin to break apart, you may swallow this debris or even cough some of it up, again this is normal healing. During this healing phase you may have increased pain and ear pain. If you need a refill on your pain medication call the pharmacy and they will contact us.

FOLLOWUP: You should see Dr. Alford within 2-3 weeks following surgery. Please call for an appointment: **713-532-3223**.

