

Postoperative Instructions: Tonsil & Throat Surgery

Sleep

Sleep with you head elevated to about 30-degrees. This can be done by putting 3 pillows under your head. If this is uncomfortable for your low back, place another pillow under your hips or knees.

Diet

Start with clear liquids and advance as tolerated to full liquids and soft diet. At a minimum try to take in 6-8 glasses of liquid daily, but other good options are popsicles, gelatin, applesauce, scrambled eggs, mashed potatoes, and soft noodles.

For 2 weeks, avoid crunchy, sharp, or chunky foods, hot foods and beverages, caffeine, and alcohol.

Activity

No straining, exercise, or heavy lifting.

No smoking for 2 weeks postoperatively (this is a good time to try to quit!).

What to Expect

The spit may be slightly pink stained, but call or go to the ER if there is active bleeding.

It is typical to experience ear pain and bad breath/taste, and these symptoms are often helped by chewing bubblegum.

Medications:

It is anticipated that you will want to take the prescription pain medication as instructed for approximately a week. If you want to take a non-narcotic pain medication instead, make sure it is plain Tylenol only. Do not dose the Tylenol simultaneously with the prescription pain medication, because most prescription pain medications also have Tylenol in them. (Tylenol is also sold as a generic, where the name is acetaminophen.)

Follow-up

Please call 312-695-8182 to schedule return appointment in 2 weeks. Call this number, or go to the ER, if you experience any emergencies which may include excess bleeding, fever > 101, inability to keep down liquids, inability to urinate, or any other significant concerns.