



TONSILLECTOMY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, advance to cool soft foods. Avoid citrus fruits (lemons, oranges, etc.) and hot or spicy food because they may cause a burning feeling. Avoid scratchy / hard foods like pretzels or chips.



ACTIVITIES

Get plenty of rest today, then return to mild activity. Avoid strenuous coughing.

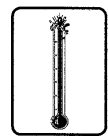


SPECIAL CARE NEEDED

A small amount of blood streaked saliva is normal. White patches will appear where the tonsils were. Mouth odor should be expected. Rinse your mouth with salt water or mild mouthwash. **Do not gargle.**

Expect some ear or jaw pain for about 7-10 days. If it continues or worsens, call the doctor. Chewing gum may help relieve throat discomfort. **Do not use Aspergum.**

Do not take any aspirin products or non-steroidal anti-inflammatory drugs (NSAID)



INFECTION

Watch for any sign of infection after surgery: fever ($>101^{\circ}\text{F}$), chills, increased pain, redness, swelling, or foul smelling discharge from your wound. Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "ENT Resident on call" for Dr. _____ if:

- Unable to swallow after 2 days
- Coughing that will not stop
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

ENT Clinic 434-924-5700 Monday-Friday 8am-5pm

Call 911 if you have chest pain or shortness of breath