



Tonsillectomy Post Operative Instructions

- Mild activity is permitted, but no overexertion for the first 2 weeks.
- No school or work for 1 week.
- Drink plenty of fluids and eat soft foods as tolerated. Avoid citrus juices, spicy and salty food and sharp pointy foods, such as potato chips and toast.
- An ice collar or cold compress to the neck is soothing and may be used if desired.
- Fever is expected. Use Tylenol or a sponge bath to bring down temperature.
- White patches will appear where tonsils were – this is normal.
- Mouth odor is expected for 2 weeks after surgery.
- Try not to leave town for two weeks, so that if you need us we will be available.
- Pain medicine will be given on discharge – use as directed and as necessary. It may be necessary for 7-10 days.
- The greatest concern of bleeding (a 2-4% risk) is over once you are discharged, but bleeding can occur for two weeks. If bleeding begins at home, do not become excited. If bleeding does not stop within 5-10 mins, call our office and go directly to the Emergency Room.
- There may be a persistent change in voice quality.

*If you have any questions following your surgery do not hesitate to contact our office at **703-468-2205**. Our office is open from 8:30am to 5:00pm. You should be able to reach us after hours by calling the regular office number and following the instructions on the message.*