



Preparing for Tonsillectomy

- Drink plenty of fluids the 2-3 days prior to your surgery. This will help minimize post-operative nausea and vomiting. Be sure to increase your nutritional reserves so that you can heal as well as possible from the surgery. After the surgery, you may have trouble swallowing and your caloric intake and nutritional intake may be compromised. Eating well prior to surgery will help with your recovery. Lean proteins (fish, chicken, protein, shakes) are good choices.
- Start a stool softener like Colace the day before your surgery. The anesthesia and pain medication given to you for the surgery oftentimes causes constipation which can make you nauseated for several days after your surgery.

After Tonsillectomy

- After your surgery, you will have pain that may make it difficult to swallow. It is very important to keep swallowing even small amounts starting immediately after surgery. This will keep your throat from spasming and actually decreases the length of time you have trouble swallowing. Chewing gum will also help minimize throat spasming. You may start a soft diet as soon as you feel like it but most patients prefer to drink liquids the first day. We strongly encourage you to start a soft diet no later than the day after surgery to help facilitate healing.
- You will be on a prescription pain medication after your surgery. You will be allowed to take ibuprofen (Motrin or Advil) 3 days after your surgery to supplement or be taken instead of the prescription pain medication. Please do not take acetaminophen (Tylenol) unless your doctor have given you approval to do so since the prescription pain medication may have acetaminophen as one of the ingredients.



- An ice collar may be helpful the first few days after surgery. Use a plastic bag of frozen peas or blueberries over the neck and just under the jawline.
- Foods that are easier to eat include chicken noodle soup, scrambled eggs, runny grits, mashed potatoes, yogurt, protein shakes, pudding, jello, shredded chicken/pork, ground beef, macaroni and cheese, and applesauce. Foods requiring a lot of chewing such as steak, bagels, etc. may be very uncomfortable. Avoid spicy or really hot foods. All hard and crunchy foods should be avoided x2 weeks.
- Avoid strenuous activity for at least 10 days. You may walk or do normal household activities. Do not swim or travel for 10 days. Children may play outdoors after 3 days but be sure to limit the amount of time outdoors since children can get dehydrated very easily and physical stamina can be limited. You may return to school or work after 10 days.
- You may shower normally starting the day after surgery.
- Normal post-operative symptoms include ear pain, pain when opening and closing your jaw, and headache. Occasionally, a stiff neck may occur. Please call the office if this is excessively painful.
- Call the office for bright red bleeding, persistent nausea or vomiting, or fever > 100.5.