EARS, NOSE, & THROAT

Tonsillectomy Post-Surgery Care

What to expect after the procedure

- Soreness in your throat or ears is normal. The pain can feel mild to strong.
- Having a fever 99–101°F for the first few days can be normal. If your fever goes higher than 102°F, drink more liquids and keep taking your pain medicine. If the fever does not go away, call your doctor.
- Feeling sick to your stomach or throwing up after surgery is normal for some people. This is okay as long as there is no blood in the throw up.
- Bad breath is normal and may last 10–14 days.
- Pain medicine can make you poop less often. Taking milk of magnesia can help you go to the bathroom.

How to take care of yourself at home

- Take the pain medicine your doctor prescribed every four (4) hours. Keep doing this for the first 5–7 days. Some people need the medicine up to 10 days.
- Do not take aspirin or similar medicine like ibuprofen for two (2) weeks unless your doctor says you can.
- Do not run, lift heavy things, or play contact sports for two (2) weeks.
- Do not travel for at least two (2) weeks after surgery in case you need to see your doctor.
- Wait seven (7) days before going back to school.
- Relieve your symptoms by putting a cool compress or ice collar on your neck, eating ice chips, or taking small sips of cold drinks.
- Do not eat hard or crunchy foods like tacos, pizza crust, pretzels, or chips for two (2) weeks. These foods can hurt the healing area.
- Drink something every hour while you are awake for at least 7–10 days.

For questions, call our office at **512.978.8130, option 2** to speak to a nurse, or if you:

- See bright red blood coming from your mouth or nose. You can try rinsing with cold water to help stop the bleeding while you call.
- Have a fever that does not go away after taking medicine.
- Throw up blood.
- Are not able to eat or drink.