

TONSILLECTOMY/ADENOIDECTOMY POST-OPERATIVE INSTRUCTIONS

1. Soft, cold, non-acidic diet for a full 7 days after tonsillectomy. Popsicles have the added bonus of helping numb the throat. Anything that is NOT soft and cold can cause bleeding!
For adenoidectomy patients, this diet should be followed for 2-3 days.
2. Drink plenty of liquids.
3. Ear pain is common following tonsillectomy and/or adenoidectomy and usually does not mean there is an ear infection.
4. For pain, take your medication earlier rather than later. Don't try to "tough it out".
Use as directed and as necessary. Do NOT hesitate to call if a refill is needed.
5. Mild fever is expected. Use Tylenol, Motrin or a sponge bath to bring down temperature.
6. A white fluffy appearance at the back of the throat represents normal healing after tonsillectomy.
7. Mouth odor is expected for 2 weeks after surgery for tonsillectomy patients.
8. Avoid coughing, throat clearing, smoking and nose blowing
9. Avoid sucking on straws or ice chips; just let the ice melt in your mouth.
10. Go ahead and brush your teeth, but for tonsillectomy, no gargling or strong mouthwashes.
11. NO strenuous activity or lifting more than 10 pounds for a full 7 days after surgery.
Slowly increase your activity level after 7 days or when you feel up to it.
12. There may be a temporary change in voice quality.

For any questions or problems, please call the office @ **310.372.0700**. For after-hours and weekends, one of Dr. Davis' colleagues may be on-call and can help you.