

## **Surgery Center of Pinehurst Home Instructions for Adult Tonsillectomy**

1. You will experience a sore throat for 1-2 weeks following surgery. The most important thing you will need to do is drink fluids. It does not matter if the fluids are cold or hot. You should drink at least 4 ounces every hour- preferably more.
2. You can go a week without eating as long as you are drinking sufficient amounts of fluids. A good rule of thumb regarding food is nothing harder than scrambled eggs for the first week after surgery. You may eat jello, puddings, ice cream, mashed potatoes, soups, etc. **Do not eat** foods which might scratch the back of the throat such as chips, nachos, Doritos, etc.
3. You will probably lose weight after surgery. As soon as your throat is well healed, you will probably gain the weight back.
4. You will experience an excessive amount of mucous in the back of your throat for the first week after surgery.
5. You may wish to elevate the head of your bed for the first week after surgery. This prevents the mucous from pooling in the back of the throat and it will help you breathe easier. You may use a vaporizer or humidifier by the bedside.
6. You will experience a foul odor from your mouth or nose for 1-2 weeks after surgery. Maintain good mouth care.
7. **Do not** exert yourself for the first 2 weeks after surgery. No strenuous activity, such as running, jogging, exercising, lifting weights, etc. You will need to be out of school or work for at least a week to ten days.
8. **Do not take aspirin or aspirin containing products such as Motrin or ibuprofen until you return for your follow-up visit.**
9. **Do not take medications on an empty stomach.**
10. Take your antibiotic until it is completely gone if your doctor provided you with antibiotics.
11. You may experience slight blood-tinged mucous for the first few days after surgery. If you begin spitting up bright red blood, more than 2 tablespoons, go to the First Health Moore Regional Hospital Emergency Room.
12. You may experience ear pain. This is called "referred pain" from having the tonsils removed. Again, drink fluids and take the pain medication.
13. You may experience a slight fever for the first few days following surgery. You may take Tylenol as needed. If you develop a fever of 101 degrees or higher not relieved by Tylenol, contact your physician.

### **Please call the office if you have questions or problems.**

Office hours are Monday through Friday, 9a.m. until 4 p.m.

If you have questions after 5 pm or on the weekend, call First Health Moore Regional Hospital at 910-715-1000 and ask for the ENT physician on call.

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**Dr. Carl Berk: 910-295-0219**

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