

Tonsillectomy Operation



Instructions after Tonsillectomy Operation

Tonsillectomy is a procedure to remove tonsils, which are located at the back and sides of the throat.

After 2 weeks from the operation, you should expect the following and not be worry about it:

- Pain in throat which may increase for a few days. After about 7 days, it should gradually decrease. Analgesics and using ice either by eating ice chips, or by holding an ice pack to the neck can decrease pain.
- Difficult swallowing, nausea and vomiting, bad breath, ear pain, slight fever, white patches over the surgery site.

Diet: Getting the enough protein and calories will help healing of the wound.

- Keep your throat wet. The first day after operation drink cool liquids, such as water, frozen juice.
- Eat food that is easy to chew and swallow 24 hours after operation.
 - For example: cold food such as frozen juice bars, ice cream, and gelatin.
 - Liquid food: soup, and yogurt.
 - Soft food: bread, pasta, and eggs.
- Avoid food that may irritate your throat like:
 - Scratchy food: chips, crackers, nuts, or popcorn.
 - Acidic food: orange juice, grapefruit juice, lemonade, and tomatoes.
 - High fat or greasy food: fries, and hamburgers.
 - Hot food or liquids.

In these cases you must come urgently to our emergency department:

1. Vomit, spit, or cough bright red blood.
2. Have a fever above 38.5 or chills that last more than 12 hours.
3. Have nausea or vomiting that does not stop.
4. Have pain you cannot control.

It is important to understand that if you do not take medications as prescribed or do not follow diet instructions as mentioned above secondary bleeding may occur.