

# ENTRUST MEDICAL GROUP

## Post-operative Instructions

# Tonsillectomy

*Please take the time to read these instructions carefully. If you have any questions or concerns, either before or after your surgery, please contact your surgeon's office.*

*The post-operative patient will be discharge from the Outpatient Surgery Center, after he/she is fully awake and the danger of serious bleeding is minimal. The patient may be drowsy and nauseated. Please allow the patient to rest as much as possible upon arrival at home.*

### AFTER YOUR TONSILLECTOMY

- Drink a lot of fluids; such as water, apple juice, Gatorade™, Pedialyte™ or powdered juice mixes. Jello™ and popsicles are also good sources of fluids (no red please). Avoid acidic juices like orange juice.
- Increase your diet to include soft foods as tolerated. Soft foods may not be tolerated for up to 2 to 3 days post operatively.
- Avoid hot spicy foods and crunchy foods for 2 weeks.
- Rest frequently. A written excuse for school or work is available if needed.
- Take pain medication as prescribed.
- **DO NOT** take aspirin, ibuprophen or products containing aspirin or ibuprophen for 2 weeks after your surgery.
- Apply ice to throat for comfort.
- **Make sure to schedule and keep your post-operative appointment.**

### POSSIBLE SIDE EFFECTS

- You may feel drowsy and nauseated from anesthesia.
- It is normal to experience some throat pain, earache and bad breath.
- It is normal to experience a low-grade fever (100.5F to 101.5F)
- White patches will appear as your throat heals.

### CONTACT YOUR PHYSICIAN

- If there is any sign of bleeding.
- If you have severe pain that is not relieved with your prescribed pain medication.
- If you have a fever greater than 101.5F.
- If you have a low-grade fever that lasts for more than 3 days.
- If you have any questions or concerns.

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