

EAR, NOSE & THROAT ASSOCIATES

TONSILLECTOMY

What to expect?

Appearance of Throat:

A white membrane forms from the surgery this can last for up to 2 weeks. It will begin to fall off in within 7-10 days; you may experience increased pain during this time.

Bleeding:

Bleeding can occur for up to two weeks after surgery and is never taken lightly. The risk is highest on the first day and on the 5th to 7th days after surgery. Decreased fluid intake can increase the risk of bleeding. Contact your physicians right away. There may be several things that we can advise you to do to stop the bleeding without having to go the Hospital.

Dehydration:

If you are unable to keep down fluids or drink you may need to be admitted for IV fluids. Notify your doctor right away.

Diet:

Soft food only for the first 10 days after surgery for example: (Ice cream, Jell-O, pudding, soup, macaroni and cheese, rice, mashed potatoes, etc.). Avoid food that is sharp or crispy like: (potato chips).

Ear pain:

This is common and actually pain "referred" from the throat.

Fevers:

A low grade fever is common the first 2-3 days after surgery. It will run around 100-101 degrees. Report any high or prolonged or late fevers. This could be a sign of dehydration.

Fluids:

Ice cold fluids are best. Water and Gatorade are recommended. Avoid acidic fluids like (orange juice, lemonade) these can hurt your throat also avoid caffeinated drinks like (soda, tea) these can dehydrate you. Do not use straw.

Nausea:

This can be caused by several things: anesthesia, pain medicine, or possibly a reaction to the medications. If there is any bright blood in your vomit, notify your doctor. Please report any persistent vomiting.

Smells:

A foul smell from the mouth and nose is common after surgery, but is to be taken seriously, this is a sign of dehydration, Increase your fluid intake, avoid items with caffeine like: soda and tea (these can dehydrate you). You may need to return to the hospital for IV fluids.

Swelling (Day time):

If you experience swelling during the day this is a sign of dehydration, increase your fluids (ice cold) are recommended. You may also apply and ice pack to your throat to help reduce the swelling. If you are unable to reduce by increasing fluids, notify your doctor.

Swelling (Night time):

You may experience increased swelling in the morning due to a lack of fluids at night, the pain will slowly subside one you start (ice cold) fluids. It may help if you try sleeping with your head at a 30 degree angle at night this can help reduce the swelling at night.