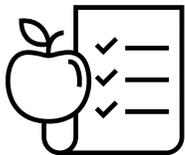


# 5 CONSIDERATIONS BEFORE TONSIL SURGERY

A guide for informed decision-making . Consider these 5 suggestions prior to your ENT consultation to make the most out of your time in discussing the risks and benefits of tonsillectomy with your surgeon.



## OPTIMIZING NUTRITION

Reduce your intake of inflammatory foods such as dairy and gluten products. Avoid highly acidic foods, excessive sugar intake, and processed foods. Focus on managing glucose spikes by prioritizing fibrous vegetables, lean proteins, and ending with carbohydrates. Incorporate a balanced intake of low glycemic index vegetables, and lean proteins to support fullness, reduce overeating, and maintain energy levels.



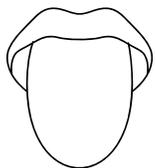
## ORAL & NASAL HYGIENE

Consider incorporating nasal sprays and rinses into your daily routine to promote optimal nasal breathing. Solutions containing saline, xylitol, colloidal silver are useful holistic options. Some patients may opt for steroid based nasal sprays. Oral Hygiene: Rinse with your choice of salt water, xylitol, and/or diluted alcohol mouthwash multiple times a day to significantly reduce the risk of oral infections that can exacerbate tonsil health.



## HOME ENVIRONMENT CHECK

Assess your living space for potential allergens and irritants. Consider air filters, dehumidifiers, and maintaining a mold-free environment.



## FUNCTIONAL THERAPIES

Consider mouth tape to promote nasal breathing (Note that difficulty breathing through the tape may signal the need for immediate medical attention). Orofacial myofunctional therapy can also be beneficial, encompassing nasal breathing education, oral posture, and tongue strengthening exercises to promote lip seal. Complement these with chiropractic adjustments, craniosacral therapy, and other professional bodywork modalities including low level laser therapy. Additionally, exploring palatal or orthodontic expansion in patients with narrow palates may improve nasal airflow and encourage healthier breathing patterns. These collective practices aim to safeguard tonsil health and minimize inflammation risk.



## MEDICAL MANAGEMENT

Talk to your healthcare provider about the risks and benefits of short term use of allergy medications, and other systemic medications like montelukast inhibitors and antibiotics, alongside nasal and oral corticosteroids (although not always ideal due to the risk of systemic side effects). Alternative options include natural supplements such as Natural D-Hist® (Quercetin, Nettles Leaf Extract, Bromelain, N-Acetyl Cysteine, Vitamin C; a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for seasonal challenges caused by common environmental allergens.)



# Promoting **TONSIL HEALTH**

## DO THIS

	Practice and encourage nasal breathing over mouth breathing. Nasal breathing filters and warms the air, reducing the risk of tonsil inflammation by limiting exposure to irritants and pathogens.
	Maintain Hydration. Drink plenty of water throughout the day. Failing to drink sufficient water throughout the day can lead to dehydration, negatively affecting overall health and making the throat more susceptible to infections.
	Incorporate anti-inflammatory foods like ginger, turmeric, garlic, and honey to reduce tonsil inflammation, while avoiding sugary, processed foods and late-night eating to prevent exacerbating inflammation.
	Meal order: Begin meals with fiber rich vegetables to aid digestive health and stabilize glucose spikes. Then incorporate lean proteins and end with complex carbohydrates to maintain balanced blood sugar levels, and support an overall reduction in inflammation.
	Avoid Dairy Products at Night: Dairy can thicken mucus, potentially exacerbating tonsil inflammation, especially when consumed before bedtime.

## NOT THIS

	Don't Neglect Bedtime Routines. Consistent bedtime routines are critical to ensuring adequate sleep for immune health and child development (crucial in preventing tonsil infections).
	Exposure to second-hand smoke and the use of tobacco products can severely compromise throat health, leading to significant irritation of the tonsils and elevating the risk of infections.
	Don't Neglect a Balanced Diet: Avoid diets lacking in essential nutrients. A balanced diet supports the immune system, helping to fight off infections that could affect the tonsils.
	Don't Overuse Antibiotics. Avoid the unnecessary use of antibiotics for throat infections, as this can lead to antibiotic resistance and more severe infections.
	Don't Overlook Oral Hygiene: Make sure to visit your oral health professional every 6 months to help promote a healthy microbiome, healthy diet and proper oral hygiene.