



TONSILLECTOMY POST-OPERATIVE INSTRUCTIONS

Your active participation is important to the post-operative success of your treatment. The following guidelines will help you know what to expect in the days following surgery, and will help to optimize a successful surgical outcome. Do not, however, hesitate to call if you have any questions or concerns.

Physical Activities: After this surgery, we recommend light physical activity and encourage getting up to walk for at least 30 minutes each day. Strenuous physical activity is discouraged. You may return to work/daily activities whenever comfortable; a week is average, but 10 days is not unusual.

Diet: The more you drink, the sooner your pain will subside. Water, apple juice, grape juice, and Gatorade are excellent sources of liquid. Soft foods such as ice cream, sherbet, yogurt, pudding, apple sauce and jello, are also encouraged. Other soft, easily chewed foods are also excellent. Avoid hot or spicy foods, or foods that are hard and crunchy. Often, chewing gum speeds comfortable eating by reducing the spasm after surgery and can be started anytime after surgery.

Pain: For the first several days (occasionally up to 10 days) following surgery, pain in the throat is to be expected. This can usually be controlled with liquid Tylenol (acetaminophen), Ibuprofen, or oxycodone (narcotic, prescription will be given at time of surgery). Tylenol and Ibuprofen can each be taken every 6 hours. You should begin by alternating Tylenol and Ibuprofen every 3 hours and using the oxycodone narcotic in small amounts only as needed to help control more severe pain. Pain is often worse at night and may prompt the need for additional pain medication. Ear pain, especially with swallowing, is also a common occurrence; it is not an ear infection but due to referred pain from the surgery. If you are having any trouble managing pain, please do not hesitate to call our office for further advice.

Ice Collar: An ice collar can also be helpful for post-operative sore throat. Make this by placing ice cubes and water in a large Zip-Loc bag and wrapping it in a towel. Gently lay the ice pack on the front of the neck.



Fever: A low-grade fever (less than 101 degrees F or 38 degrees C) following surgery may occur and should be treated with Tylenol (acetaminophen). Follow the directions on the bottle. The fever may sometimes be caused by shallow breathing, so we recommend taking a walk and focusing on taking deep breaths. If the fever persists (more than two days) or if a higher fever develops, call Dr. Zaghi.

Bleeding: Post-operative bleeding is unusual, but it can occur up to two weeks after surgery. Most bleeding is minor and you may only see a little coating of blood on your tongue. When going to bed, sit upright, and place an ice collar on your neck. If you suspect bleeding following surgery, or if you experience spitting, coughing, or vomiting of blood, call Dr. Zaghi immediately.

At any time, call our practice if you experience any of the following:

- Severe pain that does not improve with
- medication
- Brisk bleeding
- Severe swelling at the site of surgery
- Difficulty breathing
- Fever higher than 102 degrees F

- During office hours (8 AM - 5 PM, Monday - Friday), call us at: **(310)579-9710**
- After hours, call Dr. Zaghi directly at **(818)489-2444; (818)48-ZAGHI**
- Call 911 for any emergency, or report to your nearest emergency room.
- You also have the option to contact the UCLA Health page operator at **(424)259-6700** and ask for the resident on-call.

Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period. In addition, we recommend visiting <http://mytonsils.com/> for more information about the procedure.

Sincerely,

Dr. Soroush Zaghi, MD and The Team at The Breathe Institute