

COLUMBUS OTOLARYNGOLOGY CLINIC

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Ear, Nose and Throat
Head and Neck Surgery
Facial Plastic Surgery

Care Following Tonsillectomy

- * Drink lots of fluids. Warm (not hot) fluids tend to reduce the soreness in the throat. Bland fluids such as chocolate milk and flat soda pop will feel and taste better than fruit juices. It will be necessary to take in a large amount of fluid in spite of the sore throat.
- * If you are taking a pain reliever, take it 15 minutes before eating. That way, swallowing your food will be less painful.
- * Eat what you wish, but for your own comfort try to eat soft foods. Avoid hard foods such as crackers, peanuts, popcorn and potato chips.
- * Some activities may result in bleeding. Take the following precautions:
 - For about two weeks after surgery, do not gargle, clear your throat, or blow your nose vigorously.
 - Avoid strenuous activity for ten days after surgery.
- * If you have any bleeding, contact a physician immediately or go to a hospital emergency room.
- * It is common to experience:
 - Soreness in the throat from surgery, which may worsen 7-10 days later.
 - Bad breath for a few days.
 - A slight earache and fever (99-100 degrees F) during the first few days.
 - A slight nasal sound in the voice for a few weeks.