

Postoperative Tonsillectomy (Adult) Instructions

Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey

Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
 - 9am to 5pm, Monday-Friday
 - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- I will call my doctor or go to an Emergency Room if I spit up more than a teaspoon of blood.
- I will call my doctor if I have a fever above 101.5 degrees.
- I will call the doctor if I have severe neck pain and cannot turn my head.
- I will call my doctor if I have bad breath more than 2 weeks.
- I will call my doctor if I cannot drink or eat for 24 hours.
- I will call my doctor if I am worried about being dehydrated.
- If I am short of breath or have chest pain with no activity, I will call my doctor's office.

What should I expect after surgery?

- I will have a sore throat for up to 2 weeks after surgery.
- I will have a stuffy nose for up to 2 weeks after surgery.
- I may have neck, jaw or ear pain.
- I will have bad breath and white or dark scabs in my throat for 2 weeks after surgery.
- I will have a small amount of bleeding from my nose or will have a small amount in my spit for a few days.

When will I see my doctor?

- I may have a follow-up appointment with my doctor in 1-2 weeks after surgery or receive a call from my doctor's office for a follow-up discussion.

What about my pain?

- I will have some discomfort.
- I will use warm compresses and move my neck to help with neck, jaw or ear pain.
- I may NOT take Aspirin products for 2 weeks.
- I may take over the counter Ibuprofen unless I cannot take Ibuprofen.
- I may take over the counter Tylenol if I am not taking Norco, Lortab or Percocet.
- I can take Meloxicam for pain if prescribed.
- I have been given a prescription for narcotic pain medication.
 - I will call my doctor if I have nausea or vomiting with this medicine.
 - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
 - I will not drive if I am taking narcotic pain medication.
 - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I may be given Tetracaine lollipops to help numb my throat.
- I will follow pain medication instructions given by my nurse or pharmacist.

What can I eat?

- I will have liquids for 4 hours after surgery.
- I will have cool or warm liquids and foods.
- I will eat soft foods for 10 days after surgery.
 - i.e. noodles, pudding, soup
- I will avoid hard foods for 10 days.
 - i.e. chips, pretzels, toast

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