NO STRAWS -- NO SMOKING AROUND THE PATIENT -- NO ASPIRIN, IBUPROFEN OR RELATED PRODUCTS.

EVERY DAY:
- Be sure to keep the throat moist at all times. Patients need to drink at least 1 quart of cool liquids per day to prevent dehydration and urinate at least twice a day.
- AVOID HOT DRINKS AND HOT FOOD.
- Take pain medication to stay more comfortable, even if it means dosing during the night. Add Hershey’s chocolate syrup or Kid’s liquid Mylanta to make medications more palatable. You may switch to liquid Tylenol when it is adequate for pain control. KEEP MEDICATIONS COOL for better taste and comfort.
- Take antibiotics until they are gone, unless otherwise instructed.
- An ice pack around the throat area may help with pain. DO NOT USE HEAT. Use a spray bottle to keep throat moist. Chloraseptic spray is okay.
- Keep head elevated.
- For stomach trouble with Tylenol & Codeine, call us to switch patient to suppository form (from Care Pharmacy in Dover (603) 742-3995
- It is common to see a low grade fever for 1-2 days after tonsillectomy.

SURGICAL DAY:
- Cool, clear liquids like water, Kool aid, Gatorade, flattened sodas, popsicles, apple or grape juice.
- Activity is restricted to getting up, WITH ASSISTANCE to use the bathroom.
- Wake patient every 4 hours for water and pain medication.

FIRST DAY (to first week for some patients):
- You may add very soft foods such as custard, applesauce, jell-o, milk (skim or 1%) broth, pudding, popsicles, yogurt, ice cream, Instant Breakfast, Slim Fast, Sustacal, ensure, or Boost.
- Restrict physical exertion; stay in bed or on the couch.
- Wake patient every 4 hours for water and pain medications.

SECOND DAY (to second week for some patients).
- You may add foods such as eggs (no bacon or sausage), soft-cooked cereals, soft french toast, pancakes, soups, peanut butter and jelly sandwich, cheese sandwich which is warmed in the microwave (not grilled or toasted) cut into small pieces.
- Rest in bed or on the couch most of the day.

THEN SLOWLY ADVANCE AS TOLERATED:
- Add foods gradually to include mashed potatoes, small pieces of soft-cooked chicken or fish, soft vegetables (except corn), buttered pasta, macaroni and cheese, or spaghettio’s
The patient may get out of bed but should remain in quiet activities until the first office recheck.

**FIFTH TO SEVENTH DAYS:**
- Expect to develop ear pain during this period. It means that the scabs are sloughing off as part of the healing process. Use the pain medicine as indicated, and go back to just liquids if you have to. Limit strenuous activity or hot foods and drink to reduce the chances of bleeding at this time.

**ADDITIONAL INFORMATION**
- About 2% of patients will have some bleeding when the scabs slough off at about 5-7 days. If this does happen, remain calm and still, sitting up, and spit the blood out gently. Hold ice water in the back of the throat to cool the area and slow the bleeding, spitting out gently and then taking more ice water, repeating over a **5 minute** period. If the bleeding does not stop, call the office. If bleeding seems very heavy, proceed to the nearest emergency room.
- Avoid citrus or tomato, or other acidic products. They are not harmful, but they will cause pain.
- Two white patches form where the tonsils were removed, so do not become alarmed when you see them. They usually darken over time before they slough off, and can cause bad breath. This is normal. Good oral hygiene, such as brushing your teeth and tongue, is very important, but avoid mouthwash because it will sting.
- “Thrush” or a yeast infection of the mouth, can sometimes occur. It looks like a white coating on red inflamed linings of the cheeks, tongue, or roof of the mouth. Your tongue can be sore. Fluids including water may burn or taste odd. Keep mouth clean and use your NYSTATIN ORAL SUSPENSION prescription. Call if you do not improve in 1-2 days. **YOGURT MAY HELP TREAT OR PREVENT THRUSH. EAT THOSE MADE WITH “LIVE” CULTURES.**
- A lot of phlegm and mucus may collect in your throat. Keeping the mouth moist and drinking plenty of fluids will reduce this problem.
- It takes **THREE WEEKS** to completely heal the tonsillar area. During that time do not engage in any activity that raises the heart rate (such as aerobics, sports, biking, swimming, skiing, jogging, etc.) Do not eat hard or dry foods such as crackers, cookies, popcorn, chips, or nuts. Also, no chewing gum for three weeks after this surgery. Yawning may cause pain or a tight sensation for even longer, but will eventually resolve.

Please call the office at (603) 742-6555 for questions or problems. For an Emergency after office hours, this number will reach the answering service who will page the doctor on call.