

# Tonsillectomy: Home Instructions

## What should I expect after the procedure?

After the procedure, you'll feel some side effects for several days. You should be back to normal within 2 weeks. Some affects you might experience:

- Sore throat
- Trouble swallowing
- Nausea and vomiting
- Bad breath
- Ear pain
- Slight fever up (less than 38°C)
- Blood in your saliva (after 10 to 14 days when the scabs fall off)
- White patches of skin over the surgery site

## How do I care for myself at home?

### Pain management

After your tonsillectomy, your pain may increase for a few days. Pain is at its worst between day 5 and 7. After about 7 days, it should gradually decrease.

### **Only use the pain medication as prescribed.**

It's easier to control pain than to get it under control. Use medication religiously. Eating ice chips (slushy) and chewing bubble gum helps.

### **Children.**

Stopayne at 8am and 4pm

Brufen at noon and Voltaren suppository at bedtime.

### **Adults.**

Targinact and Xefo Rapid twice a day

Stopayne during day as needed.

Andolex mouthwash

## Diet

Good nutrition is important after your surgery. Getting the protein and calories you need will help your body heal.

- Keep your throat wet. The first day after your tonsillectomy, drink cool liquids, such as water, frozen juice, sports drinks, or coke.
- Eat foods that are easy to chew and swallow.

### **Good choices include:**

- Cold foods such as frozen juice, ice cream, ice lollies and jelly
- Liquid foods such as soup (lukewarm), yogurt,
- Soft foods such as bread, cereal, pasta, and eggs

### **Foods to avoid include:**

- Oranges, nartjies, bananas, tomatoes
- chocolate and popcorn can cause discomfort
- High fat or greasy foods

- Gradually return to your regular diet after about a week. Be sure to chew your food well to avoid irritating your throat

## Rest and activity

You'll heal faster if you get the rest you need after your surgery.

- Rest for a few days after your tonsillectomy.
- Don't be too active for 2 weeks. Increase level of activity slowly.

## When should I contact Dr Vermaak?

- Vomit, spit, or cough bright red blood
- Have a fever above 38°C or chills that last more than 12 hours
- Have nausea or vomiting that does not stop