



ADVANCED SINUS
AND
ALLERGY CENTER

1030 W. Higgins #325
Park Ridge, IL 60068

Post-Operative Instructions after Tonsillectomy

Diet:

It is important that you drink plenty of fluids to prevent dehydration and to help soothe the throat pain

No crunchy foods like chips or pizza, no acidic foods or very hot liquids allowed for 2 weeks

No straws

Liquid diet only for the first 3 days: fruit juice, milkshakes, ice cream, popsicles, pudding, Carnation breakfast drink, Gatorade, Gingerale and Pedialyte

Soft diet only from day 4 to 14: mashed fruits, oatmeal, soft cooked pasta noodles, scrambled eggs, mashed potatoes, jello, and anything from the list above

Pain:

It is common to have a sore throat, ear pain, nose pain and pain while opening your jaw after this surgery. This will get better every day.

Take your pain medication (Hycet) every 4 hours while awake for the first 3 days.

After 3 days you may alternate Hycet and Tylenol liquid (which you can buy over the counter) but DO NOT take both together because they can cause liver toxicity since they both contain Acetaminophen

Do not take more than 4 grams of Tyloenol (Acetaminophen) per 24 hours

Do not drive while taking Hycet because it is a narcotic medication

Take milk of magnesia daily while you are taking Hycet to prevent constipation



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DO NOT TAKE any Aspirin or Aspirin-containing products like Motrin, Ibuprofen, Nuprin, Aleve, Celebrex, Naproxyn, Excedrin, Advil or Peptobismol for 2 weeks after surgery

Migraine medications should be used only after discussion with your physician and should not be taken at the same time as your narcotic pain medication

Activities:

No heavy lifting, bending or straining for 2 weeks after surgery

No strenuous exercise for 2 weeks after surgery

You can begin showering the day after surgery. Do not bend your head while showering.

When to call your doctor:

Pain that does not respond to the pain medication

Temperature over 103F

Persistent cough

Coughing/spitting up blood

Nausea and vomiting

Dehydration (decrease urination or when your urine turns very dark yellow or amber)

Yellow/green drainage from the nose and foul odor in the nose

Other restrictions:

You cannot travel by airplane for 2 weeks after surgery

You cannot travel outside of the Chicago area for 10 days after surgery

No smoking or chewing tobacco or drinking alcohol for 2 weeks after surgery

No smoking marijuana or using other illicit drugs

What to buy at the pharmacy

Prescribed medications: liquid antibiotic suspension and Hycet or Lortab (pain medication)



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Over-the-counter medications: Milk of Magnesia and Tylenol (Acetaminophen) liquid

How to get in touch with your doctor:

1. During regular business hours, please call our office.
2. For emergencies after hours, please call the same number and follow the prompts to have the provider on call paged
3. For non-emergencies after hours, you may leave a message on the machine and we will return your call the next morning