



## Virginia Ear, Nose, & Throat Associates

### Post Operative Tonsillectomy Instructions

1. Mild activity is permitted, but no overexertion for the first 2 weeks.
2. No school or preschool for 1 week.
3. Drink plenty of fluids and eat soft foods as tolerated. Avoid citrus juices, spicy and salty food and sharp pointy foods, such as potato chips and toast. Warm food or fluids may help.
4. An ice collar or cold compress to the neck is soothing and may be used if desired.
5. Fever is expected. Use Tylenol, Motrin, or a sponge bath to bring down temperature.
6. White patches will appear where tonsils were – this is normal.
7. Mouth odor is expected for 2 weeks after surgery.
8. Try not to leave town for two weeks, so that if you need us we will be available.
9. Pain medicine will be given on discharge – use as directed and as necessary. It may be necessary for 7-10 days.
10. The greatest concern of bleeding (a 2-4% risk) is over once you are discharged, but bleeding can occur for two weeks. If bleeding begins at home, do not become excited. If bleeding does not stop within 5-10 mins, call our office and go directly to the Emergency Room.
11. There may be a persistent change in voice quality.

**Office Phone: 804-484-3700**

Virginia Ear, Nose & Throat Associates' office hours are 8:00 a.m. to 4:30 p.m. You should be able to reach us after hours by calling the regular office number. If for some reason you are not able to reach our "after hours" service through this main number you may call them directly at 257-5140.