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OTOLARYNGOLOGY
HEAD AND NECK SURGERY
DIPLOMATS AMERICAN BOARD OF OTOLARYNGOLOGY

JANE COOKE, Au.D.
KATHI BALESTINO-ESTES, Au.D.

AUDIOLOGY
HEARING SERVICES
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Tonsillectomy Homecare Instructions

Expected problems

1. Earache and sore throat. These symptoms are normal and will subside as the throat heals. Earache occurs due to nerve irritation behind the tonsil area. Some people also experience minor tongue swelling and abnormal taste sensations which are normal after surgery.
2. Fever: It is normal to have a temperature of 100 for the first week. Prolonged fever of greater than 101 is not normal. Call the office. Encourage taking fluids and pain reliever.
3. Voice changes: This is temporary due to swelling and improves with healing
4. Scab: It is not unusual to have an odor from the scab area. The scabs tend to fall off between days 5 and 10 after surgery and can cause temporary discomfort.
5. Weight loss: This too is expected due to a decreased appetite. Do not worry. Appetite will gradually increase and weight loss will be regained after the postoperative period.
6. Excess mucus: This accumulates in the throat because of decreased swallowing and mucosal healing. Decreasing dairy intake can lessen the mucus and encouraging hydration helps to keep the mucus more thin.
7. Pain: Expect fluctuations in the degree of pain from one day to another. This will continue to fluctuate for approximately 10 days. Try taking pain medication at 20 minutes prior to consuming liquids or solids. Pain can also be relieved by using an ice collar to neck by placing crushed ice cubes in a receivable plastic bag wrapped in a thin cloth. Place this across the front of the neck.

Special instructions:

****Do not take Motrin, ibuprofen, aspirin, or fish oil products if you are over age 12 for a period of two weeks after surgery.**

If **BRIGHT RED** bleeding occurs from the throat, mix 1/3 hydrogen peroxide and 2/3 water in a glass. Gargle with solution a few times. If the bleeding stops within 10 to 15 minutes after gargling, please notify our office to make your postoperative appointment sooner than normally scheduled. If the bleeding does not stop, call the office or answering service immediately. If there is no quick response, proceed to the emergency room of the nearest hospital to evaluate the bleeding.

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Pain control - Children less than 6 y/o should use Tylenol every 5 hours. Ibuprofen every 8 hours can be started on the second day after surgery. If your surgeon gave you Tylenol with codeine, you should use it as needed instead of regular Tylenol if pain is not controlled with ibuprofen and regular Tylenol.

Diet – Avoid hard, crunchy foods such as pretzels and chips for 10 days. Otherwise, there are no food restrictions after surgery. The sooner eating and chewing resumes, the quicker the recovery. Some young children are reluctant to eat because of pain. This is okay as long as the fluid intake is adequate to maintain hydration. If you feel your child may be dehydrated (urination less than twice daily or crying with no tears), you may have to go to the emergency room for IV fluids.

Activity: Restrict activity that raises your blood pressure or heart rate for 10 days after surgery to decrease the risk of bleeding.

Follow up: Your surgeon will indicate when you should follow up in the office after surgery. This will typically be between 10 and 21 days after surgery. Call our office at 301-774-0074 to schedule an appointment.

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