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POST-TONSILLECTOMY INSTRUCTIONS

1. The patient must stay in bed on the day of discharge from hospital.
2. The patient may be allowed up (indoors) the day following the operation.
3. The patient may be allowed outside the following day, but should remain indoors at night for 10 days and off from work / school for approximately 10 days.
4. The pain after tonsillectomy is due to stiffness of the throat muscles. The more one chews and eats, the sooner the pain will be relieved. Encourage eating of solid foods, e.g. Bread and a full diet should be started as soon as possible. Panado or another analgesic as prescribed thirty minutes before a meal will relieve the pain and allow solid foods to be eaten. Avoid eating bananas, acid or salty foods and condiments as they tend to exacerbate the pain.
5. During the first post-operative week a sore throat, earache and a slight rise in temperature are normal responses and should not cause concern. If, however these symptoms are severe or if bleeding occurs;
6. Or if you are concerned in any way, please contact either your local GP or myself. Day 5 to Day 8 post tonsillectomy are the worst days for these symptoms, so do not be surprised if symptoms are increased in this time.
7. The area from which the tonsils were removed will heal with the formation of a yellow scab. This is normal healing pattern, and does not indicate infection.

Please expect a period of tiredness and irritability after surgery. Whatever the effort made, having an operation is still a very stressful experience and rest, good food, lots of fluids to drink and plenty of sleep will speed you towards recovery!