



# Tonsillectomy

## *Care after surgery*

If you have concerns or questions:

- Call the clinic at 206-598-4022.
- After hours, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.
- Or, leave a message at 206-598-7535 with a time you can be reached.

### Diet

- Every day as you recover, drink at least 8 glasses of fluids such as water, juice, or soda. Cool fluids help lessen swelling.
- You may eat soft foods such as ice cream, pudding, popsicles, and mashed potatoes as soon as you feel ready. You may not feel ready to start solid food for several days. Do not eat food that is bulky, spicy, or has sharp edges.

### Medicines

- Take all prescribed antibiotics. Stop the medicines if you get a rash or hives and call the clinic at 206-598-4022.
- Take your pain medicines as prescribed. If needed, call the clinic nurse to order a refill before you run out of pain medicine.
- You may take acetaminophen (Tylenol) as directed on the bottle, as long as your prescription pain medicine does not have acetaminophen in it.
- Do not take anti-inflammatory medicines such as ibuprofen (Motrin, Advil).

### After Surgery

- For 10 days, avoid activity that makes you breathe hard, sweat, or strain.
- When sleeping, keep your head elevated as much as possible.
- You may shower the day after surgery.
- It may feel like there is something in the back of your throat. This is normal and will go away as the swelling lessens.
- Avoid coughing and clearing your throat.

## Questions?

Call 206-598-4022

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

*For questions about your care:*

Call the Otolaryngology Clinic Nurse Advice Line at **206-598-7535**. Leave the time you can be reached.

*For urgent issues:*

Call the Otolaryngology Clinic at **206-598-4022**. Have the front desk staff page the nurse.

*After hours and on weekends and holidays:*

Call **206-598-6190** and ask for the Otolaryngology resident on call to be paged.

- If your saliva has a few blood streaks in it, rinse your mouth with cold water and rest sitting up in a chair.
- If your saliva has more than a few blood streaks in it:
  - Call the clinic at 206-598-4022. Ask to talk with the nurse.
  - After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.
- Call 9-1-1 if you have severe bleeding.

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