



- Otolaryngology
- Head & Neck Surgery
- Ear, Nose & Throat
- In-Office Balloon Sinuplasty
- Hearing Aids
- Sinus Specialist
- Pediatrics & Adults
- Sleep Apnea Surgery

## Instructions After Tonsillectomy

- Discharge from the outpatient surgical center usually occurs within four hours following the procedure.
- Nausea and vomiting are usually uncommon after tonsillectomy. If these do occur, symptoms should stop within 24 hours. If they continue, please contact Dr. Rosner.
- The patient must not indulge in any strenuous activity for a minimum of three weeks. This includes heavy lifting, straining and sexual activity. Patients should not drive while they are taking narcotics. Most patients can return to work and school within 10 days.
- The patient's diet should mainly consist of cool liquids for the first few days. It may be gradually advanced to include a soft and non-spicy diet as tolerated. The patient should drink roughly six to eight glasses of liquids a day to prevent dehydration. If the patient is not drinking adequate amounts, contact Dr. Rosner. The patient should avoid sharp foods, such as pizza crusts; chips; orange juice; and spicy foods. Avoid caffeine and carbonated drinks as well. Continue a soft diet for three weeks.
- At the time of discharge, you will receive a prescription for pain management and antibiotics. If any of the medications cause any nausea or abnormal side effects, please stop taking the medication and call the office. Stool softeners are strongly encouraged while taking narcotics. Do not take any of the medications with aspirin.
- The patient will have bad breath and a low-grade fever after the procedure. Notify the office if the patient's temperature is greater than 101 degrees.
- Pain in the ear after the procedure is common and may be worse than the throat pain. The worst days will be days five through eight.
- A grey scab will form where the tonsil was located. If the scab comes loose, early bleeding may occur. If bleeding occurs, please go to the nearest emergency room.
- Post-op exams should be scheduled for three weeks after the procedure, sooner if there is an issue.

**If you have any questions or concerns, please call the office at, (248) 844-2936.**

