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## **Preoperative and Postoperative Instructions for your Tonsillectomy**

### **Before surgery:**

- Stop taking any Anacin, ASA (Aspirin), ibuprofen, Advil, Motrin, Naproxen, Aleve and all herbal medications at LEAST 14 days prior to your surgery.
- Stop smoking or smoke less for 7 days pre-operatively and 7 days post-operatively.
- Do a little grocery shopping beforehand:
  - Buy soft, easy-to-swallow foods: soups, jello, pudding, ice cream.
  - Ensure, Boost or protein shakes will help your body to heal after surgery.

### **After surgery:**

#### **Pain**

- It is not unusual to have more throat and ear pain 5 to 7 days after the surgery.
- You may experience a sore throat, ear pain, neck pain and headaches for up to 4 weeks after surgery.
- Do not use Anacin, ASA, ibuprofen, Advil or Motrin products for at LEAST 10 days after surgery.
- An ice pack placed on the neck will help decrease the pain.

#### **Diet**

- Eat or drink what you like as long as it is soft or mushy.
  - Pasta, pudding, ice cream, soups.
  - Popsicles and freezies are also great – try to avoid red and purple. If you vomit, you may mistake the colour for blood instead of the freezie.
  - Warm foods, rather than hot, may be more soothing to your throat.
  - Drink at least 1 can of Ensure, Boost or a protein shake a day.
  - Try to avoid spicy foods for the first week.
- Drink at LEAST 8 cups of liquids per day.
  - Drinking more lessens the pain.
  - Gargle with salt water 3 to 4 times per day to keep mouth clean.

#### **Appearance**

- If you look at the back of your throat, you will see a white coating over the tonsil area. This is the normal scab that forms. This is NOT an infection. *It will go away.*

#### **Bleeding**

- If you experience bright red bleeding from the mouth that won't stop, go to the St Boniface Hospital Emergency department.
- It is not unusual to see some blood-streaked saliva 5 to 7 days after surgery, when the scab is coming off. Gently gargle with ice water and it should go away.

Please call 233-6552 if you have any concerns.