

NICOLE KLEIN MD

ENT \ FACIAL PLASTICS

Otolaryngology Associates
ENT & Face, Head & Neck Plastic Surgery
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Post-Operative Instructions - Adult Tonsillectomy

1. The patient should remain minimally active the first 3 days and then may be up and around the house for the first week. The patient should maintain limited activities during the second week following surgery.
2. It is common that a whitish, scab-like membrane forms in the throat area after a few days. On about the fifth to tenth day, this membrane comes off. This is usually accompanied by more severe sore throat (or earache) for 24 to 48 hours. Also, some, minimal, bleeding may occur at this time.
3. The patient may run a temperature of 100 degrees to 102 degrees sometimes worse on the second to third day. This is not unusual.
4. If the fever is above 102 degrees, and cannot be reduced by baths or the medication, please call our office.
5. We prefer the patient use Tylenol products for the fever and pain. These items may be purchased from a pharmacy without a prescription. The doctor may prescribe other prescription pain medicine after surgery. **DO NOT TAKE ASPIRIN IN ANY FORM.** Aspirin substitutes such as Ibuprofen are **NOT** recommended.
6. It is not important that the patient eat solid foods for up to one week, but **IT IS ESSENTIAL THAT (S)HE TAKES FLUIDS.** Make sure to stay well hydrated.
7. The patient may complain of ear pain for up to ten days. This pain is referred from the tonsil area and has nothing to do with the ears.
8. If the patient should have any bleeding, most often it is controlled by an ice collar to the neck and bed rest. If this does not control the bleeding, please call our office. If you should be unable to reach the doctor and the bleeding continues, go to the emergency room at the nearest hospital.

If you have any questions or concerns, please give our office a call at 317-844-7059 Ext. 1417. Thank you.