

After Your Tonsillectomy

(When Your Tonsils Are Taken Out)



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- After your tonsils have been taken out you may have some pain in your throat for 1 to 2 days. Take the pain medicine ordered for you by your health care provider.

- Drink lots of cold and warm liquids such as:

- Water
- Clear soups
- Tea
- Popsicles
- Soft drinks (sodas)
- Juice (but not orange or tomato juice)



- For 1 week after your surgery eat soft food, such as:

- Cream soups
- Pudding
- Jello
- Mashed potatoes



- **Do not** eat any food that will scratch your throat or is hard to chew or swallow, such as any thing batter fried.

Do not eat any cookies or pastries.

- For the first week, try not to cough or sneeze or blow your nose. These may cause your throat to bleed.

- If you have any bleeding from your throat in the first few days, tell your health care provider. About 5 to 10 days after surgery, you may have a little bleeding. If you do have bleeding:

- Stay calm.
- Gargle with ice water.
- Spit out any blood - do not swallow it.
- Lie down.



- **If it does not stop, tell your health care provider, or go to the Emergency Room.**

- You may notice that your bowel movements are darker than usual for the first few days after surgery. This is because of the blood you are swallowing. When the bleeding stops, your bowel movements will stop being darker than usual.

- For 7 to 10 days after surgery **do not** do any hard exercise.

- You may have pain in your ear for a week after your tonsillectomy. If it doesn't go away after a week, or if you also have a temperature of more than 101° Fahrenheit (38.3° Celsius), call your health care provider.



Call the Nurse Line (214) 266-8777 for any questions or concerns.

Or you can go to the Emergency Room.