

## Tonsillectomy Surgery

### Post Surgery Advise

- The anaesthetic may make you feel more tired for a day or two therefore, it is important to have enough rest and avoid strenuous activity.
- Your throat will feel sore for two weeks, with the first five to seven days being the most sore. Please take your pain relief medications as prescribed by the surgeon.
- Do not cough, blow your nose and clear your throat forcefully as it may cause bleeding. Gargle your mouth gently with ice water if you experience slight bleeding.
- A white or grey membrane at the sides of the throat is normal and will usually go away after two weeks.
- Gently gargle your mouth as directed to remove blood and mucus.
- Avoid lifting, straining, coughing or excessive clearing of throat for the first 2 weeks.
- Your first follow-up appointment is usually two weeks after surgery. Your throat will be examined to make sure that it has healed well.

### Diet

- Increase fluid intake such as water, juice, athletic drinks. Take cold food such as popsicles, ice-cream, sorbet, yoghurt or ice cream. The coldness of the food will help to reduce pain and swelling.
- Take soft food such as porridge, soup and mashed potatoes so pain is reduced to the minimum when swallowing.
- Allow the food to cool before serving when possible.
- Gradually resume a normal diet but avoid food that is hot, deep-fried, spicy, highly seasoned, acidic fruits, potato chips, nuts, dry toast, popcorn and crackers until two weeks after surgery as these foods can cause pain when swallowing.

### When Should I Seek Medical Help?

Should you experience any of the following symptoms please seek immediate medical attention:

- Fever or chills.
- Worsening pain despite regular pain relief medication.
- Bleeding such as spitting out fresh blood more than one tablespoon or blood clots.

Please contact our main line or head to your nearest Emergency Department.

## Alexandra Hospital

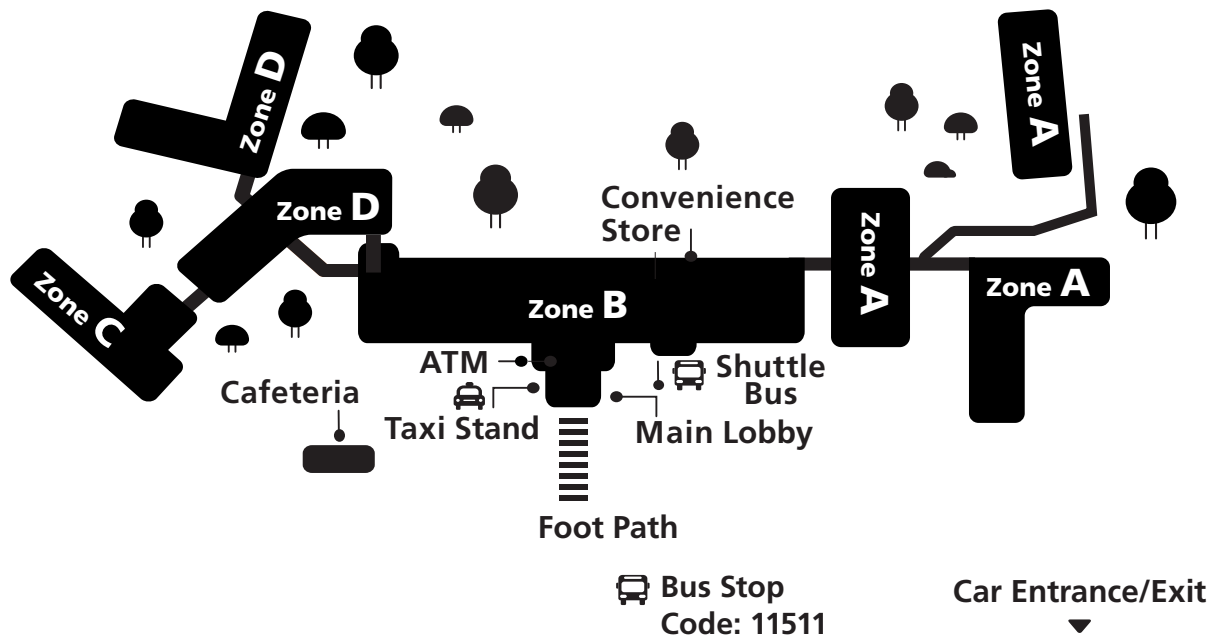
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