

## Tonsillectomy Post Op Education

### Expect:

- Throat Pain
- Ear Pain
- Low-grade fever
- Bad breath
- White patches in back of throat and tongue

### Diet

- Regular diet is fine, soft and/or cold foods are usually preferred
- Encourage fluids as dehydration makes pain worse and may slow healing

### Instructions

- Avoid strenuous activity for two weeks. Nothing that would elevate blood pressure
  - No exercise or PE
- Avoid aspirin for two weeks
- Take any pain medication as prescribed.
- Avoid school and work for 1 week
- In the event of oral bleeding: (Risk of bleeding is for two weeks)
  - Gently gargle ice water in the back of the throat
    - If ice water stops oral bleeding call office for follow up appointment
  - Go to nearest ER to receive care. Some local ERs include:
    - Espanola: Presbyterian Espanola Hospital  
1010 Spruce St, Espanola, NM 87532 (505) 753-7111
    - Los Alamos: Los Alamos Medical Center  
3917 W Rd, Los Alamos, NM 87544 (505) 662-4201
    - Rio Rancho: Presbyterian Rust Medical Center  
2400 Unser Blvd SE, Rio Rancho, NM 87124 (505) 253-7878
    - Rio Rancho: Lovelace Westside Hospital  
10501 Golf Course Rd NW, Albuquerque, NM 87114 (505) 727-2000
    - Roswell: Lovelace Regional Hospital  
117 E 19th St, Roswell, NM 88201 (575) 627-7000
    - Taos: Holy Cross Hospital  
1397 Weimer Rd, Taos, NM 87571 (800) 755-6236
- You May need additional surgery to stop bleeding
- Follow-up is not typically needed
- Other \_\_\_\_\_

