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TONSILLECTOMY HOME CARE INFORMATION

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Expected Problems:

1. *Earache and sore throat:* These symptoms are normal and will subside as the throat heals. Take pain medication.
2. *Fever:* It is normal to run a temperature of 100° for the first week. Prolonged fever of greater than 101° is not normal. Call the office. Encourage fluids and take liquid pain reliever according to the directions.
3. *Voice change:* This is temporary due to swelling and improves with healing.
4. *Scabs:* It is not unusual to have an odor from the scab area. Use a simple mouth wash of ½ teaspoon salt in a glass of water.
5. *Weight loss:* This too is expected while there is a decreased appetite. Do not worry. Appetite will gradually increase and weight loss will be regained after the post-op period.
6. *Phlegm:* This accumulates in the throat because you do less swallowing. Encourage fluids.
7. *Good/bad days:* One day you may feel great, the next day not so well. This is to be expected for 8 to 10 days. Just don't overdo it. Relax and recuperate.

Special Instructions:

**** Do not take any Motrin or aspirin products for 2 weeks after surgery****

Have 2 bottles of hydrogen peroxide available.

If BRIGHT RED bleeding occurs from the throat, mix 1/3 hydrogen peroxide and 2/3 water in a glass. Gargle with the solution a few times. Gargling with peroxide generally clots the blood and stops the bleeding. If the bleeding stops (usually within 15 to 20 minutes after gargling), please notify our office, as your post operative appointment will need to be scheduled sooner.

If the bleeding does not stop, call our office immediately. If there is no quick response, proceed to the Emergency Room of the nearest hospital.

Hints:

1. Take fluids: try this
 - a. Give pain medication 20 minutes before offering liquids or solids.
 - b. Put ½ teaspoon crushed ice under tongue; let melt; offer more.
 - c. Apply ice collar to neck:
 - i. Crush ice cubes.
 - ii. Place in resealable plastic bag
 - iii. Wrap in thin cloth
 - iv. Place across front of neck.

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