

For the first 7 to 10 days following surgery, your activity and diet will be somewhat restricted.

#### ACTIVITY:

1. Remain quiet during the first week, preferably indoors. You can read, play games, and watch television.
2. Do not engage in strenuous activity during the first 10 days following surgery. No running, biking, swimming, etc.
3. Avoid contact with people with colds, fever, flu, sore throats, virus or any other contagious disease. It would delay your recovery to develop an illness during this time.
4. DO NOT take any products containing aspirin as this could affect blood clotting.

#### DIET:

Remember that this is just a guideline of suggested foods to prepare. It is fine to substitute foods that you prefer. Some patients advance their diet at a quicker rate than others do. All foods should be lukewarm or cool, not hot. Avoid spicy food and acidic types of fruit juices. It is okay to have apple or grape juices.

1. First day: Iced tea, milk, water, soft drinks, ice cream, Jell-O.
2. Second day: Soft foods like custards, pudding, and cream of wheat, soup broth.
3. Third day: Mashed potatoes, warm cream soups, and poached eggs.
4. Fourth/Fifth day: Soft cereal, soft eggs, and spaghetti.
5. Sixth day and on: Try out more substantial foods that you prefer. Allow for plenty of fluids and smaller bites to aid in swallowing.

NO hard foods (peanuts, chips, popcorn etc.) for 3 weeks following your surgery.

#### WHAT TO EXPECT:

1. SORE THROAT - This is usually worse in the morning and at bedtime. It is normally worse on days 5-7 after the operation.
2. FEVER - This can be present for the first 2-3 days. It is helpful to encourage a good fluid intake. You can also use Paracetamol for this. If the fever rises over 102° oral temperature, notify us, as we may need to prescribe an antibiotic.
3. EARACHE: This is normal even if ear surgery is not performed. The same nerve to your tonsils gives feeling to your ear, as well. The ear feels referred pain.
4. HIGH-PITCHED (or nasal voice): This is common during the first 2-3 weeks following surgery.
5. BAD BREATH: This is due to the presence of a membrane or scab where the tonsil was removed.
6. DIFFICULTY with swallowing, drooling, and spitting small amounts of bloody mucous can occur in the first few days.
7. CONSTIPATION – The narcotic pain medications may cause constipation. Please be aware of this.

Bleeding can occur after surgery. Report any bleeding immediately so we can discuss treatment options. Ice water gargles and ice pack to neck can sometimes control bleeding. If bleeding is profuse, go to the nearest emergency room.