

APPALACHIAN REGIONAL HEAD & NECK CENTER

HOME OFFICE:

200 MEDICAL CENTER DRIVE, SUITE 2N

HAZARD, KY 41701

606-439-4466

OTHER OFFICES ARE LOCATED IN SOMERSET, LONDON AND LEXINGTON, KY

POST – TONSILLECTOMY INSTRUCTIONS

PATIENT TEACHING

- 1. Drink plenty of fluids (32-64 ounces a day)**
- 2. Eat a soft diet for 2 weeks**
- 3. Take only prescribed medication for pain**
- 4. Gargle with salt water 2 X a day. (1 teaspoon of salt in a large glass of water)**
- 5. Call the doctor if there is a temperature greater than 102 degrees, if there is bleeding noticed or if any other problem persists**
- 6. Use a humidifier**
- 7. Chew gum to help keep the throat moist**
- 8. DO NOT take aspirin, Motrin, Advil or Aleve**
- 9. DO NOT engage in strenuous activities for 2 weeks.**
- 10. DO NOT go to work or school for 2 weeks following surgery. If you continue with pain medication, you may be out longer than 2 weeks.**

Monday – Thursday 8:00 a.m. – 4:00 p.m. and Friday - 8:30 – Noon

If you need assistance after these hours, you may contact:

NAME OF PATIENT: _____

FOLLOW UP APPOINTMENT: _____

You may return to regular activities, regular diet and school on: _____