

# EAST VALLEY E.N.T.

OTOLARYNGOLOGY/HEAD & NECK SURGERY  
ALLERGY, HEARING, VOICE CARE, PEDIATRIC ENT & NASAL SURGERY

*WARREN S. LINE, JR., M.D., F. A. C. S.*

## **\*\*\* Post Operative Instructions for Tonsillectomy \*\*\***

### What To Expect:

- Slight fever for 2 – 3 days
- Bad odor on breath
- White or yellow membrane in throat
- Pain in the throat
- Nasal tone to voice
- Dependence on mouth to breath
- Dark stools
- Ear pain

### What to Drink / Eat:

- Drink lots of water and milk. Eat popsicles, ice cream, sherbert, and Jello.
- 1<sup>st</sup> day of after surgery → eat cereal, milk shakes, pudding, soft boiled or scrambled eggs.
- 2<sup>nd</sup> / 3<sup>rd</sup> / 4<sup>th</sup> days after surgery → gradually add soft foods such as mashed potatoes, ground beef, and bananas.
- 5<sup>th</sup> day after surgery → gradually begin to resume a regular diet.
- Foods to **AVOID**: Hot and highly seasoned foods, citrus fruit juice, nuts, toast, bread crusts, potato chips, popcorn, etc.

### What to Do:

- Absolutely **NO TRAVELING** out of town until at least two weeks after the surgery.
- Stay in bed for the first two days, and inside for the first five days.
- Avoid exertion or too much excitement.
- Avoid contact outside the immediate family.
- No work or school until after the first post-operative visit.
- No swimming is allowed until at least 3 weeks after surgery.
- Call the office phone number (818) 559 – 9727 immediately if any bleeding occurs.
- Use an icepack on the throat and do salt water gargles.
- Take normal medications as directed\*.

**\* No blood thinning medications, aspirin, or anything containing aspirin \***  
(includes, but is not limited to: Motrin, Advil, ibuprofen, and Chloraseptic spray)

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**Call (818) 559-9727 and confirm your post-op appointment scheduled for:**

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

**ADDRESS:** 191 S. BUENA VISTA STREET, SUITE #320, BURBANK, CA 91505  
**PHONE:** (818) 559-9727 **FAX:** (818) 559-5514 **EMAIL:** EASTVALLEYENT@AOL.COM