

**Great Neck ENT
Josh Werber, MD, FACS
Karen Haunss, MD
Otolaryngology
833 Northern Boulevard
Great Neck, New York 11021**

(516)829-3466

Post-Operative Instructions Tonsillectomy

1. Soft diet for 2 weeks-no citrus, spicy, hard/crunchy, or food that is hot in temperature.
2. Drink plenty of liquids.
3. Chewing gum is helpful.
4. No strenuous activity for 2 weeks.
5. Use Tylenol or prescribed medication for pain. **NO** aspirin, advil, motrin, or alleve.
6. A low-grade fever is normal. Call office if temperature above 102.
7. The back of the throat will look white and swollen for 2 weeks.
8. The pain following a tonsillectomy increases before it decreases, peaking between days 5 and 7.
9. Ear pain is common.
10. Call office for any severe or persistent bleeding.
11. Use medications as prescribed.