

**OTOLARYNGOLOGY – FACIAL PLASTIC SURGERY OF LONG ISLAND, P.C.  
NY FACIAL PLASTICS  
NY FACIAL SURGICAL FACILITY, LLP**

**B. Todd Schaeffer, MD, FACS  
Moshe Ephrat, MD, FACS**

**Francine Schnabel, Licensed Aesthetician  
Marc Berlin, MA, CCC/SLP**

Fellow

American College of Surgeons  
American Academy of Otolaryngology – Head and Neck Surgery  
American Academy of Facial Plastic and Reconstructive Surgery

Affiliated Hospitals

North Shore University Hospital  
Long Island Jewish Medical Center  
Schneider Children's Hospital  
Day – Op of Long Island  
Mount Sinai Medical Center, NY

**POSTOPERATIVE INSTRUCTIONS FOR TONSILLECTOMY**

1. LIQUID DIET FOR FIRST DAY. NO MILK PRODUCTS OR DAIRY PRODUCTS FOR ONE WEEK. SOFT DIET ONE TO TWO WEEKS.
  2. DO NOT EAT ANYTHING WITH A SHARP EDGE, SUCH AS POTATO CHIPS OR PIZZA CRUST. SOFT FOOD DIET ONLY FOR TWO WEEKS.
  3. ORAL ANTIBIOTICS AS PRESCRIBED.
  4. TYLENOL OR TYLENOL WITH CODEINE LIQUID AS NECESSARY FOR PAIN. **NO ASPIRIN OR ASPIRIN CONTAINING COMPOUNDS** SUCH AS ADVIL, MOTRIN, NUPRIN, MEDIPREN OR NAPROSYN FROM TWO WEEKS PRIOR UNTIL TWO WEEKS AFTER SURGERY.
  5. ENCOURAGE LIQUIDS. SOUP SHOULD BE COOL, NOT HOT.
  6. LOW GRADE TEMPERATURES UP TO 102 DEGREES ARE COMMON. IF TEMPERATURE IS ABOVE 102, NOTIFY SURGEON.
  7. EAR PAIN IS COMMON THREE OR FOUR DAYS AFTER SURGERY.
  8. NOTIFY SURGEON OF ANY PERSISTENT BRIGHT RED BLOOD BEING SPIT OUT OR COUGHED UP.
  9. NAUSEA AND VOMITTING ARE COMMON FOR THE FIRST 24 TO 48 HOURS. IF THIS PERSISTS, NOTIFY SURGEON. VOMITUS MAY CONTAIN DARK RED BLOOD, WHICH IS NORMAL.
  10. GARGLE WITH WARM SALT WATER. (1/2 TEASPOON OF SALT IN A GLASS OF WARM WATER) TWO TO FOUR TIMES A DAY FOR THREE WEEKS.
  11. NO SCHOOL OR WORK FOR ONE WEEK. FOLLOW-UP APPOINTMENT WITH SURGEON IN TWO WEEKS.
  12. NO STRENUOUS ACTIVITIES FOR ONE TO TWO WEEKS.
- BATHS OR SHOWERS SHOULD NOT BE HOT OR SAUNA-LIKE FOR TWO WEEKS

**BTS/fas  
7/09**

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