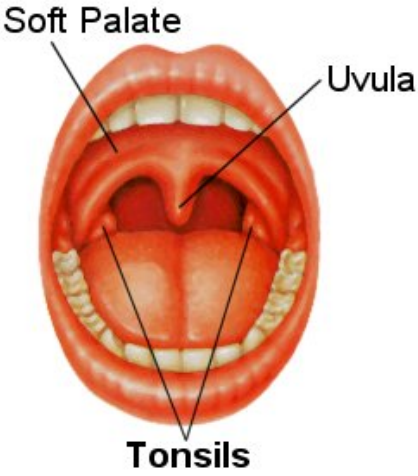
Tonsillectomy, Aftercare, Adult

You have had your tonsils removed. If you look in your mouth over the next ten to fourteen days you will notice in the back of the throat where the tonsils were, that the area looks very whitish or grey in color, and looks quite ragged and rough. This is the normal appearance following a tonsillectomy and you do not have to be worried.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not take aspirin because it increases the chances for bleeding by making your blood "thinner". This means it does not clot as easily.
- You may feel worn out and tired for a while. Get the proper amount of rest.
- Because of the sore throat and swelling you may not feel very hungry. Soft and cold foods such as ice cream, popsicles, and cold drinks are usually the easiest to eat. You may start to eat solid foods when your throat feels more comfortable and you are able to eat them.
- Avoid mouth washes and gargles.
- Avoid people with upper respiratory infections such as colds and sore throats.
- An ice pack applied to your neck may help with discomfort and keep swelling down.



SEEK MEDICAL CARE IF:

- Increased bleeding or if you vomit, cough or spit up bright red blood.
- Increasing pain which is not controlled with medications.
- An unexplained oral temperature above 102º F (38.9º C) develops.
- You feel lightheaded or have a fainting spell.

SEEK IMMEDIATE MEDICAL CARE IF:

You develop a rash, have difficulty breathing, or have other allergic problems or side effects you think may be coming from medications.

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