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POST-OPERATIVE INSTRUCTIONS FOR TONSILLECTOMY

1. Pain control is key. Alternate Ibuprofen (Advil, Motrin – they are all the same) with the narcotic medication at three-hour intervals.
2. Drink ice cold water and let it set in the back of your throat. It will help with pain and help prevent bleeding.
3. Eat only soft foods for two weeks.
4. Pain will be at its worst around day three.
5. You may experience ear pain, foul breath, and a low-grade temperature. That is all part of the healing process.
6. There may be streaks of blood in your saliva. If what you spit is mostly bright blood, call us or go to the Emergency room.
7. No strenuous activity for two weeks.
8. You may return to work in 3-4 days.
9. Feel free to call the office during business hours for any questions.
10. For afterhours emergencies, please call the office at: 208-938-5823.