



Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

Tonsillectomy Post Operative Instructions

- Take the antibiotic, pain, Peridex mouth rinse, and anti-nausea medication the day after your surgery as prescribed by Dr. Smith. You can start using your pain medication the night of surgery if you are in pain.
- You will use your Peridex mouth rinse twice daily for 7 days. · It is **VERY** important to keep a soft diet for 2 weeks. Avoid any foods that you need to chew more than 3 times to swallow. Avoid chips. Advancing your diet to normal foods too early may lead to bleeding in your throat. If the bleeding does not stop you will need to be taken back to the operating room to be re cauterized.
- No bending, or lifting greater than 15 pounds x 3 weeks. It is okay to walk, but avoid vigorous exercise until directed by Dr. Smith
- Your throat will be sore 1-2 weeks and you may notice a hoarse voice. · You will follow up at our office in 10-14 days.

Call the office if you notice any of the following:

- A temperature greater than 100.4 degrees Fahrenheit.
- Bleeding from the back of throat. Start drinking ice-cold water and call immediately.
- An increase in pain that is not relieved by taking your pain medication
- If any of the above occur after our regular office hours, please call the office number and you will be directed to our answering service where an on call provider can assist you.

Office Phone Number: 817-806-4245

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

www.jessesmithmd.com