



POST-OPERATIVE INSTRUCTIONS FOR TONSIL

1. When patient become conscious after operation, nausea and vomiting is possible which is common and not to be worried.
2. Vomit, Cough or Nasal discharge can be blood stained and is not to be worried.
3. Patient can feel feverish or can have redness over body which is because of Inj. Glycopyrrolate (pre-anaesthetic agent), this is not a fever or reaction.
4. Patient can have pain in ears for one week after surgery which is referred earache because of common nerve supply of tonsils and ear.
5. Follow the instruction as below when patient become conscious :
 - 1) In your prescribed medicines, one is Hydrogen Peroxide (white-coloured bottle) and other is Betadine / Walhkadine Gargles (brown-coloured), mix 1 tsf of each in one glass of water and do deep gargling at least 8-10 times a day.
 - 2) Gargling is very important after surgery. This is one kind of dressing for throat. Besides, continuous usage of throat muscles in the way of gargling reduces pain. It is contrary to the other parts of the body where rest is required for healing.
 - 3) Start cold diet (Ice-cream) after gargling. Swallowing is painful initially, but with cold diet the pain will be subsided. It is false belief that Ice-cream and cold drinks produces cough. Patient can also have cold drink, thick shake, plain cold milk or cold coffee.
 - 4) Speaking helps in reducing pain.
6. For one week soft diet is allowed like Khichdi, Dal Rice, Shira, Raab, soft Bread , milk, butter, biscuit etc.
7. You can start Regular diet after one week but don't eat Khakhra, Papad etc.
8. Gargling, Speaking and Eating help in reducing pain and healing the wound
9. There can be white coloured patch seen in mouth or swelling can occur over uvula. Don't worry for that.
10. If there is excessive bleeding from the oral cavity doctor should be consulted urgently. Slight blood stained cough is a normal thing. But, frank bleeding should not be neglected.
11. Your follow-up is on __/__/20__ ON __:__ AM / PM at Chandrababhu clinic.