



MFAS

MICHIGAN FACIAL AESTHETIC SURGEONS

*Look
as Good
as
You Feel*

TONSILLECTOMY

POST-OP INSTRUCTIONS

- ▶ To prevent bleeding – No Motrin, Alleve, ibuprofens, Naprosyn, fish oil, vitamins, minerals, protein powder, supplements of any type for 4 weeks after the procedure.
- ▶ Elevate your head to 45 degrees to help with any swelling and bruising.
- ▶ Drink plenty of water – drink liquids for the next two weeks to help hydrate after anesthesia is removed from the body.
- ▶ Advance to soft foods as you can tolerate. Good examples are: Mac-n-cheese, pudding, ice cream, mashed potatoes, gravy, stuffing.
- ▶ While you are healing the back of the throat may have green/yellow/white/grey exudates, this is normal and not an infection. Do not touch and allow to heal.

The above instructions have been explained and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date