

Do you want to know?

Tonsillitis/Tonsillectomy

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What is it?

Tonsillitis is an inflammation of the tonsils. Tonsillectomy (excision of the tonsils) is most commonly recommended when the tonsils are chronically infected and do not respond to antibiotic therapy or when large in size causing airway obstruction. Signs and symptoms may include: sore throat, pain, high temperature, chills, tiredness and vomiting.

What do you need to know?

FOR TONSILLITIS

Drugs 

Take medications as prescribed by your physician. Complete the course of antibiotics even if the symptoms subside.

Diet 

Drink plenty of fluids daily.

Therapeutic Measures 

Use warm saline gargles as the taste and feel of mucous in the mouth cause discomfort and may decrease your appetite.

FOR TONSILLECTOMY

Drugs 

Take medications as prescribed by your physician.

Diet 

- Take cold to warm soft foods. Avoid highly spiced or acidic items.

- Drink plenty of fluids to minimize mouth odor and discomfort if not contraindicated.

Activity 

Resume normal activity as long as it is not stressful and does not require straining.

Therapeutic Measures 

- Avoid clearing throat immediately after surgery.
- Avoid vigorous coughing or sneezing for 1 to 2 weeks.
- Use warm saline solution for mouthwash to loosen thick mucous.

Considerations 

- Expect more throat discomfort between the fourth and the eighth day after operation because of membrane separation.
- Expect stools to be black or dark for a few days because of swallowed blood.
- In case of active bleeding, rush to the closest emergency room for treatment and inform your physician.
- Use gargle with cold water on your way to the emergency room.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.