



TONSILLECTOMY SURGERY

The risk, benefits, and alternatives were explained to you, including but not limited to the risks of bleeding, infection, and dehydration. As with all surgeries, there are risks with general anesthesia (heart attack, stroke, and death).

Tonsil Surgery

- The procedure is done under general anesthesia and takes about 30 minutes. Usually, patients can go home the same day. Someone will have to take you home.
- The recovery for adults (unlike children) is very painful. Some people say it is one of the most painful surgeries because every time you swallow, you will feel pain from the surgical wounds. Most people need to take Motrin and Tylenol around the clock for 7 to 10 days. You will also require narcotic pain medication to help.
- It is very important to drink plenty of fluids after surgery to avoid dehydration as this can make the risk of bleeding afterward higher.
- You will likely want to be on a soft diet for at least 2 weeks, but many patients are on it for up to a month.
- Most people need to take off work or stop all home activities (such as taking care of children) for 2 weeks.

Risks of the surgery

- Bleeding occurs usually within the first 2 weeks of surgery, so it is important to avoid traveling during that time.
- Some people have tongue numbness, voice changes, difficulty swallowing, and taste changes after surgery. Lip, gum, and teeth injuries are rare but possible.
- Also, throat infections usually decrease, but they may not completely resolve after surgery.

If you decide to proceed with surgery

Make sure that:

- You stop aspirin or other blood thinners 7 days before surgery if the prescribing physician is okay with this. Tylenol is okay to take before surgery.
- Avoid all herbal supplements 7 days prior to surgery because they can cause bleeding or other operative complications. A few commonly taken herbal supplements to avoid are: Ginkgo Biloba, Garlic, Ginseng, Ginger, Dong Quai, Ephedra, Feverfew, St. John's Wart, and/or Omega 3 fatty acids.

Please contact our office at 478-743-8953 if you have any questions or concerns.