

# Tonsillectomy

## post-op checklist

- Stay hydrated - water and flavored drinks are OK
- Start with soft foods - yogurt, pasta, warm soup
- A small amount of blood in the saliva is normal - large amounts are not normal
- Activity should be limited for first two weeks
- Avoid medicines that contain aspirin to help with healing
- When normal patterns return it is OK to go back to work or school
- Always consult your surgeon for any questions during recovery

