

Tonsillectomy Discharge Instructions

Medications

1. Please take Tylenol 500mg every 6 hours. Take Norco as needed for severe pain. Norco has 325mg of Tylenol. Please ensure that you do not exceed 4000mg of Tylenol per day.
2. Please take Zofran as needed for pain
3. Please take Senna as needed for constipation

Diet - ok for regular diet. Please start with clear liquids and advance as tolerated. Ice chips and popsicles are well tolerated

Activity

1. Ok to shower
2. Please do not lift anything >10 lbs for 2 weeks.

Please call 661-839-1880 during business hours (8am - 5pm) with any questions or concerns. During after hours and weekends, please call 323-442-9550 and ask for the ENT on-call.

If you have a lot of bleeding coming from your mouth please go to the nearest emergency room.