

# Non-Medical Tonsillectomy Advice from Carol Stiff

I had the “joy” of a tonsillectomy recently. Most get this surgery before the age of ten. I am much older than ten – been retired for few years. Below is some advice that your doctor may not tell you or may not stress enough. *Disclaimer: I am a plant doctor, NOT a people doctor.*

1. Don't be brave, take the drugs. It really does hurt. I had to dilute with water as full strength burned my mouth.
2. Keep pitcher of ice water in the refrigerator. Sip as much as you can. Helps dull the pain and keeps swelling down.
3. For me the lollipops did not work. What worked best was Chloraseptic Sore Throat Lozenges which are available at amazon:  
[https://smile.amazon.com/gp/product/B001G7QR3K/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o06\\_s00?ie=UTF8&psc=1](https://smile.amazon.com/gp/product/B001G7QR3K/ref=ppx_yo_dt_b_asin_title_o06_s00?ie=UTF8&psc=1) I have leftovers and will drop off or give to Marilyn. Do not buy the “max” kind – they will burn your mouth
4. When you run out of the drugs, take liquid ibuprofen or Tylenol. It does help.
5. I lived on chocolate milk, ice cream, vanilla yogurt, pop cycles, for the first week. Mashed potatoes are good too after first few days. Your mouth will be sensitive to spicy foods so go slowly when trying those foods.
6. At about day 7 your throat will start to swell and it will affect your ears resulting in nasty ear aches. What helped me was this:

My Heating Pad Microwavable Multi Purpose Wrap for Neck and Shoulders, Back, Joints, and Menstrual Cramps Pain Relief | Weighted Heat Therapy Pack with Handles for Sore Muscles and Injuries – Blue  
[https://smile.amazon.com/gp/product/B014I7V7CK/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://smile.amazon.com/gp/product/B014I7V7CK/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

7. I was not able to eat some regular food until about 2 weeks. Keep it bland.
8. After 4 months, things still seem a little “off” plus some say my voice has changed.

Good luck on your recovery!!!

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