

KAISER PERMANENTE
DEPARTMENT OF HEAD AND NECK SURGERY

**Postoperative instructions for:
Incision and Drainage of a Peritonsillar Abscess/Cellulitis:**

After I&D:

A fever of less than 101.5 degrees is common. It usually goes up and down for a few days. Maintaining hydration will help keep the fever lower. Oozing dark blood or blood clots is normal for a few days. Go to the emergency room for heavy bleeding or bright red bleeding that does not stop after several minutes.

Your sore throat should improve; often there is noticeable improvement within several hours. You may continue to have a sore throat for many days.

One or both ears may hurt and may take a week to resolve.

Activity:

Do not lift heavy objects or do any strenuous activity for up to one week.

Medications:

Take your antibiotics and prescribed pain medication as instructed by your surgeon.

You may place an ice pack covered with a towel over your throat for 15-20 minutes out of every hour as long as you think it is needed.

Diet:

Start with cool liquids. Take plenty of fluids. This is very important. It will hurt to swallow but you need fluids or you may become dehydrated and your temperature will rise and cause more pain and dehydration. Sipping liquids or eating Jell-O throughout the day instead of at meal times can help you stay hydrated. Progress to a soft diet as tolerated. Sometimes it may take days or weeks to return to eating a substantial portion of your diet as foods instead of liquids, this is normal.

Some foods to avoid; dry foods such as crackers and toast. Popsicles help to soothe and provide fluid may be better tolerated.

Swallow small bites slowly.

Gargle after meals with warm saline (1/4 teaspoon salt in a large glass of water)

Call your physician or an advice nurse if you have:

1. Severe pain after 2 or 3 days
2. Elevated temperature (101.5 or above).

(Postpta)