POST PROCEDURE INSTRUCTIONS
Tonsil Cryptolysis for Tonsil Stones

This sheet will tell you about post-procedure care for the patient after undergoing tonsil cryptolysis for tonsil stones. Please read these instructions carefully. If you have any questions or concerns, either before or following the surgery, please call the office at 540-347-0505.

After the procedure, the patient will be discharged from the hospital/surgery center. Should the procedure be performed WITHOUT sedation, the patient does not necessarily need anybody to accompany them and may immediately resume all normal activities including driving. If performed under sedation, a driver will need to be present.

WHAT TO EXPECT
If the procedure is performed awake without sedation, the procedure is carried out in a small procedure suite (not in an operating room). A local anaesthetic will then be sprayed into the back of the mouth. You will be advised not to swallow this or spit it out for approximately one minute whilst it is absorbed into the lining of the mouth, numbing the whole area. After one minute, your surgeon will ask you to spit out anesthetic. At this time, the whole mouth, tongue, teeth, tonsil, and even the throat will become numb (a sense of swelling will be present). The procedure starts with first expressing any tonsil stones from their crypts followed by ablation using a coblation wand. It is NORMAL to smell smoke and hear popping/crackling. Eventually, the numb part of the tonsils may be removed and some slight soreness may develop. If necessary, repeat numbing may be used either by spray or injection. This procedure is repeated at each of the tonsil stone origins.

If the procedure is performed under sedation, the anesthesiologist will first put you to sleep before the procedure is performed as described above, with the exception of local anesthesia which will not performed.

AFTER SURGERY
For the FIRST week after this procedure, you will be instructed to gargle with saltwater after every meal. You will complete a course of antibiotics as well. A mild narcotic painkiller is also prescribed in case some expected soreness becomes too severe. Otherwise ibuprofen and/or regular Tylenol should be used for mild pain.

There WILL be some splotches of whiteness where the procedure was performed on the tonsil in the back of your mouth which will stay for up to 1-2 weeks. This represents NORMAL post inflammatory slough and is not a sign of infection, etc.

A mild earache is not uncommon after this procedure and is a result of tonsil irritation. Bad breath and tonsil swelling is expected and normal and can last as long as 3 weeks until complete healing has occurred.

PRECAUTIONS DURING THE FIRST WEEK
Activity: Even though your surgery may seem minor, your body does need some time for rest and healing. Though light exercise is OK, refrain from more intense physical activities such as swimming, jogging, and aerobics. These activities may trigger a bleed as they place increased pressure on the procedure site. After 2 weeks, all activities may be resumed without risk.

FOLLOW-UP APPOINTMENT
If not already scheduled, please schedule a follow-up appointment at 540-347-0505 with your surgeon 2 weeks after the procedure.