

## TONSIL AND ADENOID DISCHARGE INSTRUCTIONS

### FOLLOW UP CARE

- Severe sore throat is common, do not expect to be pain free
- Ear pain is normal and should resolve in 2 weeks
- Bad breath can last for 1-2 weeks
- Tongue pain and changes in taste should resolve in 2 weeks
- Foreign body sensation in the throat when swallowing is common
- Blood tinged saliva the day of surgery is common
- Drooling may occur for 1-2 weeks
- A follow up appointment is not usually made for tonsil surgery, if you feel you need to see your doctor, please call the office to make an appointment

### WHAT TO DO FOR BLEEDING

- Bright red blood from the mouth or nose can occur for up to 2 weeks. Gently gargle with ice cold water for 10 minutes, if this does not stop the bleeding or if bleeding is severe, call your doctor immediately

### ACTIVITY

- Do not drive for 24 hours or while taking narcotic pain medication
- No heavy lifting or strenuous activity for 2 weeks
- Smoking impairs healing and should be avoided

### DIET

- There are no restrictions on what your child can eat, however we recommend soft foods for the first 2 weeks.
- Encourage fluids

### MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

### PROBLEMS TO WATCH FOR

- Fever over 101.4
- Not drinking or eating
- Uncontrollable bleeding from nose or mouth
- Uncontrolled Nausea/Vomiting
- Unable to urinate



## TONSIL AND ADENOID DISCHARGE INSTRUCTIONS CONTINUED

Call your doctor with ANY problems that concern you: Phone # (843) 766-7103. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Date of Follow-up visit \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_  
Patient / Responsible Party

\_\_\_\_\_  
Nurse Signature

