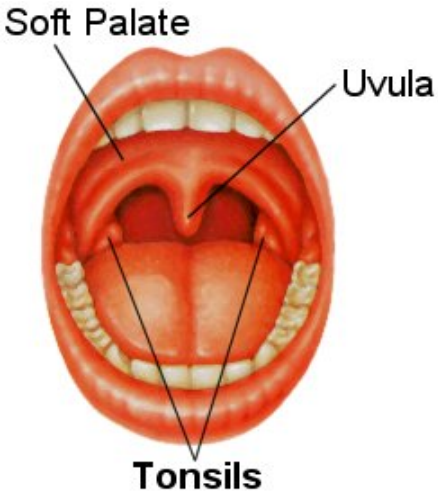
Tonsillectomy, Care After Surgery

Please read the instructions outlined below. Refer to these instructions for the next few weeks. These discharge instructions provide you with general information on caring for yourself after surgery. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS



- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not take nonsteroidal medications. This increases the possibilities for bleeding.
- Obtain proper rest. You or your youngster may feel worn out and tired for a while.
- Because of the sore throat and swelling the appetite may be poor. Soft and cold foods such as ice cream, popsicles, and cold drinks are usually tolerated best.
- Avoid mouth washes and gargles. Avoid people with upper respiratory infections such as colds and sore throats.
- An ice pack applied to your neck may help with discomfort and keep swelling down.

SEEK MEDICAL CARE IF:

- Increased bleeding or if you vomit, cough or spit up bright red blood.
- Increasing pain which is not controlled with medications.
- An unexplained oral temperature above 102º F (38.9º C) develops.
- You feel lightheaded or have a fainting spell.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medications given.

Document Released: 04/07/2009 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.