

## Tonsillectomy Discharge Instructions

For your own safety, a responsible adult must drive you home.

Someone responsible should stay with you the first 24 hours after surgery. If you had medication or anesthesia, it is normal to feel drowsy and weak, therefore, it is not recommended that you drive, stand or walk without help, operate machinery, drink alcoholic beverages or eat heavy meals, make important personal or business decisions, or sign important papers. Children should not ride bicycles, skate boards, etc. Tomorrow you may resume activities as directed by your surgeon.

### Next Appointment

- ☐ Call the office following discharge from the hospital as soon as you get home for a follow-up appointment \_\_\_\_\_
- ☐ Dr's phone number 910-914-0540 or 910-755-3682
- ☐ Date \_\_\_\_\_ Time \_\_\_\_\_

ACTIVITY:	<ul style="list-style-type: none"> <li>Apply ice pack to neck for 20 minutes every hour for first 24 hours after the surgery. Heavy activity may cause bleeding to start.</li> <li>The patient should be limited to quiet activity for two weeks after the surgery. Heavy activity may cause bleeding to start.</li> </ul>
DIET:	<ul style="list-style-type: none"> <li>Encourage cold or room temperature fluids such as water, apple juice, Gatorade, milk, tea, Kool-aid. Limit dairy products. More solid foods such as pudding, popsicles, well-softened cereal, mashed potatoes, and grits can be added as tolerated. Children need to be forcefully encouraged to drink, as this will help to minimize the possibility of bleeding after surgery. Avoid spicy or citrus acid foods such as soda, orange juice, and tomato sauce. Crusty foods such as pizza, pretzels, potato chips, etc. will be very difficult to eat and may cause bleeding. Food can be served warm, but not hot. Soup is ok served warm.</li> </ul>
MEDICATIONS:	<ul style="list-style-type: none"> <li>Take your pain medications as prescribed. This will make the patient more comfortable, making it easier to eat and drink.</li> </ul>
GENERAL EXPECTATIONS:	<ul style="list-style-type: none"> <li>A low-grade fever is common after surgery. Please call Dr. <u>Coury</u> office if the patient has a fever over 101.5F</li> <li>Expect ear pain, cough and or congestion</li> </ul>
CALL YOUR DOCTOR IF THESE OCCUR:	<ul style="list-style-type: none"> <li>If the patient refuses to drink and shows signs of dehydration, has not voided in 24 hours</li> <li>Fever greater than 101.5</li> <li>Occasional bleeding may occur after surgery but if the bleeding is a large amount, the patient should be taken to the Emergency Department right away and you should call Physician office at _____</li> </ul>
RETURN TO WORK/SCHOOL	<ul style="list-style-type: none"> <li>You may return to work/school in one week. No heavy activity for 2 weeks.</li> </ul>
DISCHARGE INSTRUCTIONS:	<ul style="list-style-type: none"> <li>These discharge instructions have been explained to the patient and/or person responsible for the patient. That person acknowledges and affirms understanding of the instructions.</li> </ul>

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
Signature of Authorized Person

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
Relationship to Patient

\_\_\_\_\_  
Healthcare Provider Signature

\_\_\_\_\_  
Date/Time

If limited English proficient or hearing impaired, offer interpreter at no additional cost:

☐ Interpreter Accepted

☐ Interpreter Refused

\_\_\_\_\_  
(Name/Number of Person/Services Chosen/Used)

**Brunswick** NOVA MEDICAL CENTER

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Name / MR # / Label