



TONSIL AND ADENOID DISCHARGE INSTRUCTIONS

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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. 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
- No heavy lifting or strenuous activity for 2 weeks
- Smoking impairs healing and should be avoided

DIET

- Resume previous diet as tolerated

MEDICATIONS

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

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PROBLEMS TO WATCH FOR

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

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.

Patient/Responsible Party

Nurse Signature