

DISCHARGE INSTRUCTIONS FOR T & A

1. Restrict activity for the first few days. The patient need not be kept in bed during this time but should be restrained from any exertion. Following this period, activity can be increased but should be maintained indoors until the first week following surgery.
2. No school attendance or work for a minimum of 10 days to two weeks unless otherwise instructed.
3. Watch for bleeding. This may occur as blood streaking in the saliva in the first few days. Heavier bleeding is most likely to occur between Post-OP day 8 and Post-OP day 10 but is still usually mild. If it is more severe, contact doctor IMMEDIATELY!
4. The diet should be a nourishing one, but should consist of liquid or soft foods only as tolerated by the patient. What the body needs to heal is ***Water and Protein***. Frequent and smaller amounts of liquids (*i.e. every 15 minutes while awake*) are more comfortable orally over the day. This same logic can be applied to protein rich meals. The patient should be encouraged to eat but not forced. Ice cream or popsicles are very soothing to the throat and will often be taken when all other foods are refused. In some patients milk tends to form troublesome mucous. Other foods containing soybean base can be taken if milk is refused.
5. Liquids are essential and such things as water, milk, 7-Up or cold tea should be given freely. Strong or acid juices (like orange juice, tomato juice, etc.) should be avoided. Carbonated beverages are best if allowed to go flat slightly (to lose some of the bubbles).
6. Ear pain is very common following tonsillectomy and is really only pain from the throat which goes to the ears. This is ***not*** a reflection of any ear problems or infection. This pain, as well as the ordinary throat pain, can be relieved by such over-the-counter medications such as Tylenol or Ibuprofen; however, Aspirin should be avoided.
7. Do not be alarmed if the patient is a little restless at night the first week or if you see gray or white patches in their throat.
8. Low grade temperatures are not uncommon during the first week. This often caused by shallow breathing due to pain and/or relative dehydration (poor liquid intake). If temperature is over 101° orally call doctor.

The patient is to be brought to the office for a postoperative check as instructed by the doctor. Call the doctor's office when the patient is discharged from the hospital to confirm this appointment.