

## POSTOPERATIVE INSTRUCTIONS FOR TONSILLECTOMY PATIENT

### Sparrow Health System - Outpatient Care Unit

1. Call your surgeon's office today or tomorrow to make a follow-up appointment unless you already have one.
2. Symptoms to report to your surgeon before office visit:
  - a. persistent fever of 101° (oral) or above which is unrelieved by increasing oral fluid intake and giving plain Tylenol by mouth.
  - b. excessive bleeding or drainage - note color (also check small children if they are swallowing more often than normal).
  - c. severe pain not relieved by pain medication
  - d. vomiting more than 3 times
  - e. unusual swelling in back of throat or tongue
  - f. rash or hives
  - g. poor oral liquid intake
3. If bleeding occurs, it will usually happen between 7-14 days postoperative. Follow your doctor's instructions and/or call your doctor. If your surgeon fails to respond within 15 minutes and the patient is still bleeding, proceed at a normal rate of speed to the Emergency Department.
4. Give pain medication as ordered by your surgeon. Plain Tylenol for age and weight may be substituted in place of the prescribed medicine for mild pain. Pain medications with Codeine may cause abdominal cramps and constipation. Use plain Tylenol for temperature elevation, rather than the prescribed pain medication, to reduce fever. If you have any questions, call your surgeon.
5. **DO NOT** give Aspirin, Advil, Motrin or Asper Gum for 10 days before surgery or 21 days **after** surgery.
6. Fluids are a must. A cool, soft bland diet is recommended as in your Preoperative Instructions. Avoid foods with sharp and rough edges.
7. Poor eating and weight loss may last up to 10 days.
8. Temperature up to 101° may occur. Increase liquid intake and give liquid Tylenol as directed.
9. Earache and throat pain is common after tonsillectomy.
10. Swelling of the tongue, stiff neck due to muscle spasm and bad breath are not unusual after tonsillectomy.

*Activity: After a tonsillectomy the patient should be in bed or on a couch except for bathroom privileges for the first 2 days. On the third day she/he may begin indoor activities. Judge the activity on how the patient feels. The patient should follow physician's recommendations for return to school.*

Place one copy on Patient's chart and give one copy to the patient.