

# Discharge Instructions

# Tonsillectomy

## EndoSoft Surgery Center

135 Broadway  
Schenectady, NY 12144

**Patient Name:** Mary Smith  
**Date of Birth:** 09/15/1998  
**Record Number:** 0159876  
**Date / Time of Procedure:** 2/26/2024, 07:56:49  
**Referring Physician:** Frank Black, MD  
**Surgeon:** Debbie Doe, MD

**You have had the following procedure performed:**  
Tonsillectomy

**Discharged To:**  
Home

**Prescriptions Given to Patient:**  
None

**Appointment Information:**  
Call for an appointment with Dr. Frank Black in 2 weeks.

## Recommendations and Instructions:

What to Expect After the Operation:

Pain/Discomfort:

Many children have pain for up to 10 to 14 days after surgery.

Ear, jaw and neck pain can occur and may get more severe after 3 to 7 days.

Signs of pain include: crying, touching the head, throat, ears, neck, drooling, refusing to drink.

An ice collar may make your child more comfortable.

It is normal for the uvula in the back of the throat to swell or be very large.

Give the prescribed pain medication Oxycodone and acetaminophen as ordered by your surgeon every 4 hours.

Do NOT give Aspirin products or Ibuprofen (Motrin) products for 2 weeks.

Give pain medication with milk or food to prevent stomach upset.

Encourage frequent chewing to decrease throat, jaw and ear pain.

## Bleeding:

When the tonsil or adenoid scabs fall off, your child may have bleeding from the mouth or nose.

If you see blood, call ENT immediately.

## EndoSoft, LLC

135 Broadway, Schenectady, NY, 12305  
Tel: (518) 831-8000

## Diet/Poor Appetite/Weight Loss:

Encourage your child to drink often, starting the day of surgery. Jell-O, pudding, ice cream and popsicles count as drinks.

Your Tonsillectomy and Adenoidectomy Diary tells you how many ounces your child should drink every day.

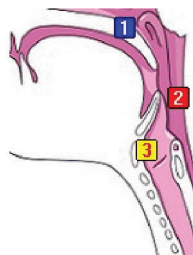
Many children do not want to eat their normal diet for 2 weeks. Appetite will be decreased.

Encourage food and drinks of any kind frequently.

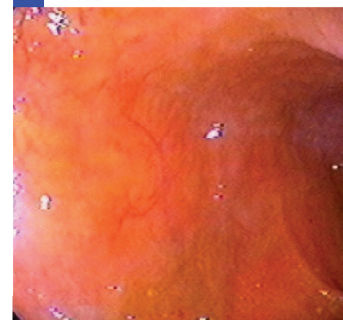
If your child does not want to drink, offer small amounts of fluid often.

Offer Carnation Instant Breakfast or PediaSure if you are concerned with your child's nutrition or weight loss.

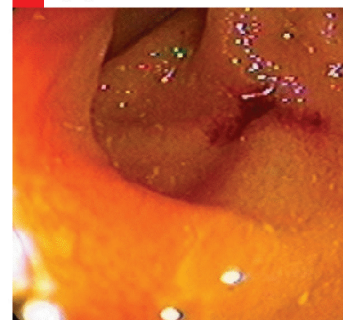
There are no food restrictions.



1 Buccal mucosa



2 Tonsil



3 Pharynx

