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### DISCHARGE INSTRUCTION FOR TONSILLECTOMY

#### DIETARY INSTRUCTIONS:

(General Guidelines)

1. Avoid citrus fruit juices (orange, lemon, etc.); not, highly seasoned and irritating food (chips, pretzels, etc.).
2. **First day:** Abundant water, some clear liquids such as Gatorade, gingerale, popsicles as they melt, some milk (some may find that dairy products thicken secretions).
3. **Second day:** Strained cereals, jello, pudding, warm clear and creamed soups, ice cream as a last resort.
4. **Third and fourth day:** Soft foods may be added gradually, mashed potatoes, soft cereals, soft boiled and poached eggs, toast, etc.

**Normal diet is gradually resumed. Soft and cool foods for the first week.**

#### GENERAL INSTRUCTIONS:

1. Call immediately to arrange for an office appointment in ten to fourteen days.
2. Take medications as prescribed by the surgeon. Be aware that some prescription pain medications may contain the same active ingredients as over-the-counter pain medications and should not be duplicated.
3. Aspirin and ibuprofen should be avoided initially as they may cause bleeding. Children's Motrin may be used starting on the fifth day after surgery for the ear pain which generally occurs (use dose for age).
4. The patient should remain quiet for one week.
5. Gargles are not to be attempted unless recommended, but the mouth may be rinsed.
6. Coughing, clearing the throat, nose-blowing and sniffing are to be avoided.
7. Objectionable mouth odor is common for seven to ten days and is relieved by drinking fluids and adequate intake of prescribed foods.
8. An ice collar or cold compress to the neck is soothing and may be used if desired.
9. Intermittent ear pain for one to two weeks is normal, but if it persists or does not respond to analgesics, please call the office.

#### WHAT TO REPORT TO YOUR PHYSICIAN:

Call the physician's office at once if:

1. Bleeding should occur.
2. Persistent cough should develop within ten days.
3. Temperature rises above 101.5 degrees after two to three days (slight fever of 99 to 100 degrees for several days is a common occurrence).

IN CASE OF EMERGENCY CALL 911  
TO REACH THE PROVIDER ON CALL DIAL 603-437-0805