
















## Ear, Nose & Throat Consultants of Nevada Outpatient Surgery Discharged Instructions

### A Map for Recovering After Tonsillectomy

**Fluids**= Popsicles, juice, milk, yogurt, pudding, jello, water, milkshake, jello-water  
Koolaid, soda pop, or soup.

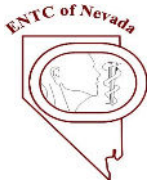


= 8OZ Fluid

|                    |  |
|--------------------|--|
| <b>Surgery Day</b> | Rest, sleep, Try clear fluids. Give pain medicine every 4 hours while your child is awake. If your Child is vomiting, have child rest for 1 hour between episodes. Then try one sip of clear fluids every 30 minutes until fluid stays down. If your child vomits more than 4 times, let him rest-do not give him anything by mouth. Contact your doctor regarding pain medicine that can be given rectally                                  |
| <b>Day 1</b>       | Push fluids-at least  today.<br>If your child is still vomiting, continue to give clear fluids slowly, and rest for 1 hour between vomiting episodes. Solid foods are ok to try today. Give pain medicine every 4 hours while your child is awake. Common complaints are: “My throat hurts, My ears hurt, My neck hurts, My tongue hurts, or my head aches” |
| <b>Day 2</b>       | <b>PUSH FLUIDS</b> -at least  or  Give pain medicine every 4 hours while your child is awake. Solid foods may be easier today.   |
| <b>Day 3</b>       | <b>PUSH FLUIDS:</b>  or  today's total.<br>Continue pain medicine every 4 hours as needed.   |
| <b>Day 4</b>       | <b>PUSH FLUIDS:</b>  or  today's total.<br>Continue pain medicine every 4 hours as needed.   |
| <b>Day 5</b>       | <b>PUSH FLUIDS:</b>  or  today's total.<br>Continue pain medicine every 4 hours as needed.   |
| <b>Day 6</b>       | <b>PUSH FLUIDS:</b>  or  today's total.<br>Continue pain medicine every 4 hours as needed.   |
| <b>Day 7</b>       | <b>PUSH FLUIDS:</b>  or  today's total.<br>Continue pain medicine every 4 hours as needed.   |
| <b>Day 8-10</b>    | Scabs from tonsil site begin to come off-leaving throat tender again. Bleeding may also occur at this time, please contact your physician. Continue pain medicine every 4 hours or as needed.<br><br><b>PUSH FLUIDS:</b>  to  today's total                            |
| <b>Day 11-14</b>   | Your child should be eating and drinking as usual. Life returns to normal.   |

**Remember:** Each child recovers at their own rate. Some children are slower to take solid foods.  
Encouraging fluids is the first Important step

**Warning:** Poor Fluid intake will result in increased pain, fever, and weight loss (possibly 6-10 pounds)



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The patient will require a soft diet for several days following surgery. This will prevent the scabs from coming off prematurely and also decrease any chance of bleeding. The following is a list of food suggestions:

Applesauce  
Eggs-scrambled, soft boiled, etc.  
Macaroni & Cheese  
Pastas-Homemade or canned  
    Tic Tac Toes. Dinosaurs  
    Cheese Raviolis, Spaghetti-o's  
Canned fruit-except pineapple.  
Potatoes-except fried or other crispy varieties.  
Ice Cream  
Jell-O  
Pudding  
Oatmeal  
Cream of Wheat  
Cream of Rice  
Cottage Cheese  
Rice  
Yogurt  
Ramen Noodles  
Soups or Broths

### **Beverages:**

|                               |   |
|-------------------------------|---|
| Apple Juice                   | Soda's-7-up. Coke, Pepsi, etc (shake till flat) |
| Grape Juice                   | Hawaiian Punch                                  |
| Apple Cider                   | Fruit Juices                                    |
| Cranberry Juice-all varieties | Ices/Slurpees                                   |
| Gatorade                      |   |
| Milk                          |   |

### **Please Avoid the following:**

**Nothing too acidic to drink**

**Nothing too Hot**

**Nothing Hard, Crispy or Crunchy**