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TONSILLECTOMY & ADENOIDECTOMY POST - OP OUTPATIENT INSTRUCTIONS

PATIENT IDENTIFICATION

1. DIET:

_____ **DAY #1:**

Avoid hot (temperature) & highly seasoned (spicy) foods. Drink water, milk, juices, broth. Eat ice cream & jello.

_____ **DAY #2:**

Drink many glasses of luke warm water from morning to bedtime. Eat soft foods (yogurt, mashed potatoes, etc.) as tolerated.

_____ **DAY #3:**

Gradually resume your normal diet, avoiding hot (temperature) & highly seasoned (spicy) foods. Also avoid potato chips, nuts, dry toast, popcorn & crackers until 2 weeks after surgery.

2. _____ Prescription sent home with patient. Use as directed.
_____ Prescription information sheet sent home with patient.

3. ACTIVITIES:

_____ Do not drive or operate hazardous machinery for 24 hours.

_____ Limit your activities for 24 hours. Do not engage in sports, heavy work or heavy lifting until your physician gives your permission.

_____ May resume normal activities.

5. SPECIAL INSTRUCTIONS:

If you have any medical or surgical problems, call your physician. If your doctor is unavailable, call the Hospital Ambulatory Surgery Center [202-555-1212] or the Hospital Emergency Room [202-555-1212] for advice or assistance.

6. FOLLOW UP VISIT:

You should see Dr. Dr. Kirk Williams on _____ . Call the doctor's office for an appointment.

These instructions have been explained to patient and/or responsible party. A copy has been given to the patient.

NURSE'S Signature / Title:

PATIENT'S Signature: