

Date: [Date]

Patient Name: [Patient Name]

Date of Birth: [DOB]

Procedure: Outpatient Tonsillectomy

Dear Patient/Guardian,

You/Your child has completed a tonsillectomy. Please follow these instructions for a safe recovery at home.

1. Diet and Hydration

Drink plenty of fluids (water, juice, electrolyte drinks) to stay hydrated. Start with soft foods like yogurt, pudding, or mashed potatoes. Avoid spicy, acidic, or crunchy foods (like chips) for 10-14 days as they may irritate the throat.

2. Pain Management

Throat and ear pain are common and may increase 3-5 days after surgery. Take prescribed pain medications exactly as directed. Alternating Acetaminophen and Ibuprofen may be recommended by your doctor. Do not wait for the pain to become severe before taking the next dose.

3. Activity

Rest for the first 48 hours. Avoid strenuous exercise, heavy lifting, or PE classes for 14 days. Most patients can return to school or work in 7-10 days.

4. Bleeding (Important)

Small specks of blood in the saliva or a small amount of nose bleeding is normal. However, if there is bright red, active bleeding from the mouth or nose, go to the nearest Emergency Room immediately.

5. Healing Scabs

White or gray patches will form in the back of the throat. These are normal healing scabs and are not a sign of infection. They will dissolve on their own. Do not try to scrape them off.

6. Follow-up Appointment

Your follow-up is scheduled for: [Date/Time] at [Location].

When to Call the Doctor:

- Fever over 101.5F (38.6C) that does not respond to medication.
- Signs of dehydration (no urination for 8+ hours, dry mouth).
- Uncontrolled pain or persistent vomiting.
- Bright red bleeding (Go to ER).

Contact Information: [Clinic Phone Number]

Sincerely,

[Doctor/Provider Name]

[Facility Name]