

SAN FRANCISCO OTOLARYNGOLOGY

Providing ear, nose, and throat care since 1940

TONSILLECTOMY & ADENOIDECTOMY DISCHARGE SUMMARY

- 1) Rest at home for the remainder of the day. You may resume normal activities the following day.
- 2) Avoid blowing your nose or clearing your throat for 10 days. If you have to sneeze, leave your mouth open.
- 3) You will notice dark old blood in your first bowel movement. Notify your doctor **IMMEDIATELY** if you notice bleeding in your throat 7-10 days following the procedure. If the amount of bleeding is less than a teaspoon this is okay. You can gargle with ice water. This will constrict the blood vessels and stop the bleeding.
- 4) **DIET:** Begin with clear liquids. If these are tolerated well, advance to soft food in the morning. Avoid acidic or highly seasoned for 10 days.
- 5) Because of the sedative drugs and/or anesthesia used during your procedure:
 - a. Do not drive or operate any heavy machinery for 24 hours & while taking prescribed pain medicine.
 - b. Avoid making important decisions or signing important papers for 24 hours.
 - c. Do not drink alcoholic beverages for 24 hours & while taking prescribed pain medicine.
- 6) If you develop any of the following symptoms, notify your doctor immediately:
 - a. Temperature greater than 100 degrees Fahrenheit.
 - b. Extreme pain not relieved by your prescribed medication, swelling, or excessive bleeding.
 - c. Shortness of breath
 - d. Inability to keep liquids down due to nausea and vomiting

To reach the doctor:

1. For urgent or routine questions call the doctor's answering service by dialing (415) 362.5443 then press "1".

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If for any reason you are unable to reach the doctor, please go to your nearest emergency room.

In San Francisco:

UCSF Emergency Room
505 Parnassus Ave.
(415) 353.1037

CPMC Emergency Room
Pacific Campus
2333 Buchanan St.
(415) 600.6000

San Francisco General Hospital
1001 Potrero Ave.
(415) 206.8111