



TONSILLECTOMY POST DISCHARGE INSTRUCTIONS

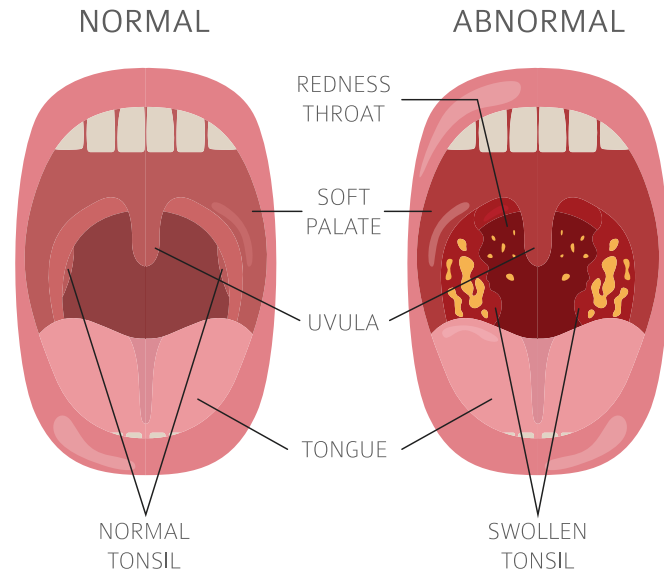


Aster
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Digital Version



WHEN TO SEE THE DOCTOR OR GET EMERGENCY CARE:

- Bleeding: small bits of dark blood in your nose or spit are normal, but bright red blood means you need to be seen by a doctor.
- Fever. Call your doctor if you or your child has a fever of 102 F (38.9 C) or higher.
- Dehydration. Call your doctor if you observe signs of dehydration, such as reduced urination, thirst, weakness, headache, dizziness or lightheadedness.
- Breathing problems. Snoring or noisy breathing is common during the first week or so of recovery. However, if you are having difficulty breathing, get emergency care.

INSTRUCTIONS:

- Drink plenty of liquids after surgery to prevent dehydration.
- Maintain snacks every 3-4 hours.
- Take a medication as prescribed.
- Strenuous activities such as running and bike riding should be avoided for two weeks after surgery.

DIET:

- For the first two days after surgery you should drink cool liquids such as apple juice, water and milk shakes. You may also eat soft foods such as ice cream, smooth yogurt, soup (lukewarm) and pudding.

Avoid for week:

- Spicy food.
- Nuts, dry food, and soda.
- Hot and acidic drinks

NOTES:

- Chewing gum with swallowing saliva helps to heal the wound quickly.
- Snoring and wheezing are common in the first week after the procedure.
- Avoid stressful activities such as running and cycling for two weeks after surgery.
- Operation complications occur when instructions are not followed.

After the procedure, you'll feel some side effects for several days. You should be back to normal within 2 weeks.

THESE ARE SOME AFFECTS YOU MIGHT EXPERIENCE:

- Sore throat, trouble swallowing, Nausea and vomiting, ear pain and slight fever up



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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