ENT AND ALLERGY SPECIALISTS

Brian J. Broker, MD
Laurence V. Cramer, DO
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Pediatric Patients

INSTRUCTIONS AFTER TONSILLECTOMY AND ADENOIDECTOMY

1. You may experience a sore throat for 7 to 10 days.
2. Earaches are referred from the throat operation-not an ear infection (usually subsides in a few days).
3. Low grade fever is not unusual.
4. White patches seen in the back of the throat are the scabs from the tonsils - they will resolve in 2 weeks.

Voice rest for 2 weeks

Drinking fluids is very important----- water, milk, ice cream, Jell-O, pudding, water ice, and ice pops. Avoid citrus juices, tomato products, and spicy foods.

NO SHARP FOOD FOR 2 WEEKS- NO PRETZELS, CHIPS, HARD BREADS.

ANY BRIGHT RED BLEEDING NOTED FROM THE NOSE OR THROAT PLEASE CALL THE NUMBER AT THE OFFICE BELOW IMMEDIATELY ….ASK TO SPEAK TO THE DOCTOR ON CALL. 610 415 1100

NO STRENUOUS ACTIVITY FOR 2 WEEKS - including sports, gym class, housework, weight lifting, or aerobics.

Medications: Child weight in kg_____
_____Tylenol (15mg/kg) _____mg by mouth every 4 hours
_____ Ibuprofen (10 mg/kg) _____mg by mouth every 6 hours
_____Alternate doses of Tylenol and Ibuprofen around the clock
_____Amoxil Liquid _____cc/mg every _____8_____hours
_____Biaxin Liquid_____cc/mg every _____12____hours
_____Prelone Syrup (.15-2 mg/kg/day)_____ml daily

*****Return visit in two weeks call the office number below for an Appointment 610-415-1100**

**** If you are unable to reach a Doctor after hours call the answering service directly @ 610/792-2806**

**Take all medications as prescribed, DO NOT cut, crush or chew unless prescribed that way or instructed by your physician. DO NOT drive or operate any machinery while taking pain medications.

Post Operative instructions reviewed. All questions have been answered.

Patient/ Guardian Signature: _____ Date: _____

Staff Signature: _____

Blue Bell: 510 Township Line Road, Suite 200, Blue Bell, PA 19422 Tel: 610-415-1100 Fax: 610-415-1101
Phoenixville: 826 Main Street, Suite 201 Phoenixville, PA 19460 Tel: 610-415-1100 Fax: 610-415-1101
Bryn Mawr: 825 Old Lancaster Road, Suite 300 Bryn Mawr, PA 19010 **Tel:** 610-415-1100 **Fax:** 610-415-1101
Pottstown: 5 South Sunnybrook Road, Suite 300 Pottstown, PA 19464 **Tel:** 610-415-1100 **Fax:** 610-415-1101