



Cleveland Nasal Sinus & Sleep Center

PATIENT DIARY: TONSILLECTOMY

Name: _____

Date of surgery: _____

Post-operative appointment: _____

This diary will assist you in following your progress after surgery. PLUS there are helpful tips about how to care for yourself and what to expect each day.

Each day you will record how you feel, what you ate and drank, and the medications you took.

REMEMBER: Healing is a process not an event!

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www.ClevelandNasalSinus.com where under PATIENT RESOURCES you will find TONSILLECTOMY INSTRUCTIONS.

DAY ONE AFTER SURGERY

Swallowing will be difficult. You may experience throat and ear pain. There may be some bloody mucus and saliva. A low-grade fever (100.5°F) is not uncommon. The back of the throat will begin to

have a whitish brown patchy appearance and may appear and feel very swollen as if mucus is caught in the throat.

THINGS TO DO TODAY:

- Review your surgery instructions
- Drinks lots of fluids every hour! **AVOID ANYTHING COLORED RED!** (More important than eating solid food.)
- Keep up with pain medications.
- Keep ice on neck if it gives comfort.
- Rest.
- If you are constipated, use an over the counter laxative.
- Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL**

DIET: Estimate what you have eaten or drank. **CALL OFFICE** if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount
LIQUIDS (essential)	
SOFT FOOD (doubtful)	
SOLID FOOD (probably not)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

NAUSEA none occasional often

VOMITTING no yes _____ times/day (If more than 3 times in 24 hours, call office)

URINATION none yes _____times/day (If less than 3 times in 24 hours, call office)

DAY TWO AFTER SURGERY

Swallowing will be more difficult than yesterday. You may experience an increase in throat and ear pain. There may be some bloody mucus and saliva. Increased mucus is common. Saline nasal spray may reduce the mucus. A low-grade fever (100.5°F) is not uncommon. The back of the throat will continue to have a whitish brown patchy appearance.

THINGS TO DO TODAY:

- Review your surgery instructions
 - Drinks lots of fluids every hour! **AVOID ANYTHING COLORED RED!** (More important than eating solid food.)
 - Keep up with pain medications.
 - Keep ice on neck if it gives comfort.
 - Rest.
 - If you are constipated, use an over the counter laxative.
 - Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL**
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DIET: Estimate what you have eaten or drank. **CALL OFFICE** if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount
LIQUIDS (essential)	
SOFT FOOD (doubtful)	
SOLID FOOD (probably not)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

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GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

NAUSEA none occasional often
VOMITTING no yes _____times/day (If more than 3 times in 24 hours, call office)
URINATION none yes _____times/day (If less than 3 times in 24 hours, call office)

DAY THREE AFTER SURGERY

Swallowing will still be difficult. You may experience even more throat and ear pain. Some bad breath is common. There will be less bloody mucus and saliva. A low-grade fever (100.5°F) is not uncommon. The back of the throat will have a whitish brown patchy appearance and may appear and feel very swollen as if mucus is caught in the throat.

THINGS TO DO TODAY:

- Review your surgery instructions
- Drinks lots of fluids every hour! **AVOID ANYTHING COLORED RED!** (More important than eating solid food.)
- Keep up with pain medications.
- Keep ice on neck if it gives comfort.
- Rest. But try to increase activity with walking.
- If you are constipated, use an over the counter laxative.
- Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL**

DIET: Estimate what you have eaten or drank. **CALL OFFICE** if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount
LIQUIDS (essential)	
SOFT FOOD (doubtful)	
SOLID FOOD (probably not)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

NAUSEA none occasional often
VOMITTING no yes _____times/day (If more than 3 times in 24 hours, call office)
URINATION none yes _____times/day (If less than 3 times in 24 hours, call office)

DAY FOUR AFTER SURGERY

Swallowing will generally not be better. Pain will continue in the throat and ear. Bad breath is common. There is less mucus. Any fever should be gone. The back of the throat will continue to have some whitish patches where surgery was done. The throat may still feel swollen.

THINGS TO DO TODAY:

- Drinks lots of fluids every hour! **AVOID ANYTHING COLORED RED!** (More important than eating solid food.)
- Try eating soft foods (apple sauce, mashed potatoes, sherbet)
- Try chewing gummy bears or soft gum to exercise the jaw muscles and lessen pain.
- Keep up with pain medications.
- Keep ice on neck if it gives comfort.
- Rest. But increase activity
- If you are constipated, use an over the counter laxative.
- Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL**



DIET: Estimate what you have eaten or drank. CALL OFFICE if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. AVOID ANYTHING COLORED RED!

	Amount
LIQUIDS (essential)	
SOFT FOOD (doubtful)	
SOLID FOOD (probably not)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

NAUSEA none occasional often
VOMITTING no yes _____times/day (If more than 3 times in 24 hours, call office)
URINATION none yes _____times/day (If less than 3 times in 24 hours, call office)

DAY FIVE AFTER SURGERY

Swallowing may be a little better, but maybe not. Pain will continue in the throat and ear. Bad breath is still common. There is less mucus. Any fever should be gone. The back of the throat will continue to have some whitish patches where surgery was done. As the scabs begin to heal and separate, you may notice some blood mixed with saliva, but it won't be very much.

THINGS TO DO TODAY:

- Increase fluid intake. **AVOID ANYTHING COLORED RED!**

- Increase soft to solid foods. Avoid spicy foods since they will irritate the throat.
- Continue chewing gummy bears or soft gum.
- Keep up with pain medications.
- Increase activity
- If you are constipated, use an over the counter laxative.
- Watch for signs of bright red bleeding. IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL

DIET: Estimate what you have eaten or drank. CALL OFFICE if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. AVOID ANYTHING COLORED RED!

	Amount
LIQUIDS (essential)	
SOFT FOOD (probable)	
SOLID FOOD (possible)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

NAUSEA none occasional often
VOMITTING no yes _____times/day (If more than 3 times in 24 hours, call office)
URINATION none yes _____times/day (If less than 3 times in 24 hours, call office)

DAY SIX AFTER SURGERY

Swallowing may be a little better. Pain in the throat and ear beginning to lessen. Bad breath is still common. There is less mucus. Any fever should be gone. The back of the throat will continue to have some whitish patches where surgery was done. As the scabs begin to heal and separate, you may notice some blood mixed with saliva.

THINGS TO DO TODAY:

- Increase fluid intake. **AVOID ANYTHING COLORED RED!**
- Increase soft to solid foods. Avoid spicy foods since they will irritate the throat.
- Continue chewing gummy bears or soft gum.
- Keep up with pain medications.
- Increase activity
- If you are constipated, use an over the counter laxative.
- Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL**

DIET: Estimate what you have eaten or drank. **CALL OFFICE** if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount
LIQUIDS (essential)	
SOFT FOOD (probable)	
SOLID FOOD (possible)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

NAUSEA none occasional often

VOMITTING no yes _____ times/day (If more than 3 times in 24 hours, call office)

URINATION none yes _____ times/day (If less than 3 times in 24 hours, call office)

DAY SEVEN AFTER SURGERY

Swallowing will be easier. Pain is less in the throat and ear. Bad breath is still common. There is less mucus. Any fever should be gone. The back of the throat will continue to have some whitish patches where surgery was done. As the scabs begin to heal and separate, you may notice some blood mixed with saliva. If BRIGHT RED BLEEDING occurs and lasts for more than 5 minutes, contact office and go to nearest hospital. See front of diary for telephone numbers to office.

THINGS TO DO TODAY:

- Increase fluid intake. **AVOID ANYTHING COLORED RED!**
 - Increase soft to solid foods. Avoid spicy foods since they will irritate the throat.
 - Continue chewing gummy bears or soft gum.
 - Keep up with pain medications.
 - Increase activity
 - If you are constipated, use an over the counter laxative.
 - Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL.**
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DIET: Estimate what you have eaten or drank. **CALL OFFICE** if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount
LIQUIDS (essential)	
SOFT FOOD (probable)	
SOLID FOOD (possible)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITON AT END OF DAY: (Circle what best describes how you are doing.)

URINATION none yes _____times/day (If less than 3 times in 24 hours, call office)

DAY EIGHT AFTER SURGERY

Swallowing should be better. Pain is less in the throat and ear. Bad breath is still common. There is less mucus. Any fever should be gone. The back of the throat will continue to have some whitish patches where surgery was done. As the scabs begin to heal and separate, you may notice some blood mixed with saliva. If BRIGHT RED BLEEDING occurs and lasts for more than 5 minutes, contact office and go to nearest hospital. See front of diary for telephone numbers to office.

THINGS TO DO TODAY:

- Increase fluid intake. **AVOID ANYTHING COLORED RED!**
- Increase soft to solid foods. Avoid spicy foods since they will irritate the throat.
- Continue chewing gummy bears or soft gum.
- Keep up with pain medications.
- Increase activity
- If you are constipated, use an over the counter laxative.
- Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL.**



DIET: Estimate what you have eaten or drank. **CALL OFFICE** if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount
LIQUIDS (essential)	
SOFT FOOD (probable)	
SOLID FOOD (possible)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

URINATION none yes _____ times/day (If less than 3 times in 24 hours, call office)

DAY NINE AFTER SURGERY

*Swallowing should be improving. Pain is less in the throat and ear. Bad breath is still common. There is less mucus. Any fever should be gone. The back of the throat will continue to have some whitish patches where surgery was done. As the scabs begin to heal and separate, you may notice some blood mixed with saliva. If **BRIGHT RED BLEEDING** occurs and lasts for more than 5 minutes, contact office and go to nearest hospital. See front of diary for telephone numbers to office.*

THINGS TO DO TODAY:

- Increase fluid intake. **AVOID ANYTHING COLORED RED!**
- Increase soft to solid foods. Avoid spicy foods since they will irritate the throat.
- Continue chewing gummy bears or soft gum.

- Keep up with pain medications.
 - Increase activity
 - If you are constipated, use an over the counter laxative.
 - Watch for signs of bright red bleeding. IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL.
 - OK to gargle 2-3 times a day with alcohol free mouth wash mixed equally with hydrogen peroxide.
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DIET: Estimate what you have eaten or drank. CALL OFFICE if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount
LIQUIDS (essential)	
SOFT FOOD (probable)	
SOLID FOOD (possible)	

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITON AT END OF DAY: (Circle what best describes how you are doing.)

URINATION none yes _____times/day (If less than 3 times in 24 hours, call office)

DAY TEN - TWELVE AFTER SURGERY

Swallowing should be better. Pain is almost gone in the throat and ear. Bad breath is improving. Most of whitish patches from surgery are gone. If **BRIGHT RED BLEEDING** occurs and lasts for more than 5 minutes, contact office and go to nearest hospital. See front of diary for telephone numbers to office.

THINGS TO DO TODAY:

- Increase fluid intake. **AVOID ANYTHING COLORED RED!**
- Increase soft to solid foods. Avoid spicy foods since they will irritate the throat.
- Continue chewing gummy bears or soft gum.
- Keep up with pain medications.
- Increase activity
- If you are constipated, use an over the counter laxative.
- Watch for signs of bright red bleeding. **IF THIS IS SIGNIFICANT, CALL 911! GO TO NEAREST HOSPITAL.**
- OK to gargle 2-3 times a day with alcohol free mouth wash mixed equally with hydrogen peroxide

DIET: Estimate what you have eaten or drank. **CALL OFFICE** if fluid intake is less than 12-20 ounces (child) or 32-48 ounces (adult) per day. **AVOID ANYTHING COLORED RED!**

	Amount		
	Day 10	Day 11	Day 12
LIQUIDS (essential)			
SOFT FOOD (probable)			
SOLID FOOD (possible)			

MEDICATIONS: Record medications, amount, and time taken. If medication cannot be taken, or is not tolerated, indicate reason (e.g. not needed, not tolerated). Acetaminophen suppositories are helpful if pain medication cannot be swallowed.

MEDICATION	Amount	Time	Time	Time	Time	Time

GENERAL COMDITION AT END OF DAY: (Circle what best describes how you are doing.)

URINATION none yes _____ times/day (If less than 3 times in 24 hours, call office)