



Tonsillectomy Recovery Checklist

Print out this checklist and review it with your doctor or nurse. Ask them to help you fill it out according to their specific instructions.

Medication _____

Medication instructions _____

Diet _____

Activity restrictions _____

Things to remember

- Get lots of bed rest
- Drink plenty of fluids other than milk, such as water, apple juice, and sports drinks
- Avoid hard, spicy, or crunchy foods

Call your doctor immediately if your child has any of the following

- Bleeding in the back of the throat
- Crying without tears
- Flu-like symptoms such as headache and nausea
- A temperature over 102o F

Important phone numbers

Doctor

Name _____

Office phone _____

ENT Specialist

Name _____

Office phone _____

Nurse Practitioner

Name _____

Office phone _____