

**ST. JOSEPH HOSPITAL
SURGERY CENTER PERSONAL RECOVERY PLAN**

SPECIALTY INFORMATION: TONSILLECTOMY / ADENOIDECTOMY - ADULT

PRE-ADMISSION	ADMISSION	PREPARATION AREA	OPERATING ROOM
<p>Arrange for a responsible adult to drive you to the Surgery Center and home again. Your driver is expected to remain at the Surgery Center so that he/she is available to hear home care instructions and for timely discharge.</p> <p>Arrange for a responsible adult to be with you at home after your surgery.</p> <p>Buy popsicles, icee's, clear, non acidic juices and jello for use after your surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p>	<p>Leave all jewelry, credit cards and money at home.</p> <p>Parking is free. Have your driver park on the 3rd floor of the parking structure. Enter the building through the 3rd floor Surgery Center.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p>	<p>You will need to change into a patient gown for your procedure. A patient belongings bag will be provided for your shoes, undergarments and clothes. Your items will be returned to you in the Recovery Room.</p> <p>You will have a small tube placed in your vein so that fluids can be provided to your body during the procedure.</p>	<p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>There will always be a professional staff person with you during surgery.</p>

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IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p>IMMEDIATE RECOVERY</p> <p>Small tube in your vein with slow running fluid as ordered by your doctor.</p> <p>This will be removed when you are stable.</p>	<p>Begin with clear liquids if there is no nausea. Drinking lost of fluid is very important in the healing process.</p>	<p>Up to the recliner chair and the bathroom with assistance.</p>	<p>Pain medication will be given depending on your child's pain level (0 = no pain to 10 = sever pain), symptoms and doctors' orders.</p> <p>Pain medicine by mouth if tolerating fluids and no nausea or vomiting.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 2-3 hours).</p>
<p>HOME CARE</p> <p>FOLLOW YOUR DISCHARGE INSTRUCTIONS</p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call 714-771-8000 ext. 8266 for the current schedule.</p>	<p>Continue to drink cool liquids and include popsicles as well.</p> <p>Follow instructions from your physician regarding when to begin soft, easy to digest foods. Avoid greasy, spicy foods and those that are hard to chew foods.</p>	<p>Sleep and rest are important to your recovery process.</p> <p>May walk with assistance to the bathroom.</p> <p>Have someone assist you with walking after taking pain medicine.</p> <p>Follow activity instructions from your doctor. You will be given some restrictions.</p> <p>It will take 7-10 days for the healing to occur. Rest often by watching videos, listening to music and reading.</p>	<p>Take pain medicine regularly every 3-4 hours as needed. You may find that it helps to take your pain medicine before drinking additional fluids.</p> <p>Avoid alcohol and driving while taking pain medication.</p>	<p>Schedule your post-surgery office visit as instructed by your doctor.</p> <p>Notify the surgeon if you have:</p> <ul style="list-style-type: none"> *bleeding *difficulty in breathing *nausea and vomiting that won't stop *pain that is not relieved by the pain medication. *fever greater than 101. *concerns or questions. <p>Fluids, rest and pain medication are very important the first few days.</p>