

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

SPECIALTY INFORMATION: TONSILLECTOMY / ADENOIDECTOMY– PEDIATRIC/YOUNG ADULT

PRE-ADMISSION	ADMISSION	PREPARATION AREA	OPERATING ROOM
<p>Parent(s) / Guardian (s) is/are expected to remain at the Surgery Center so that they are available at all times. In addition, you will have home care instructions reviewed with you.</p> <p>Bring a favorite toy or blanket for your child as a comfort measure.</p> <p>Young adults are welcome to bring a hand-held game, book or music (with earphones).</p>	<p>All jewelry should be removed from the patient and left at home.</p> <p>Parking is free. Please park on the 3rd floor of the parking structure.</p> <p>Walk in through the double doors and please check in at the Reception desk.</p> <p>The receptionist will collect the completed Immunization form and Anesthesia questionnaire.</p>	<p>Your child will need to change into a patient gown for this procedure. A patient belongings bag will be provided for the shoes, undergarments and clothes.</p> <p>The Anesthesiologist will meet with you in the Pre-surgery preparation room to discuss his/her involvement in your child's care.</p> <p>During the procedure, parents / guardians are asked to <u>remain in the 3rd floor waiting room</u>. You will be escorted to the recovery room to be reunited with your child as soon as he/she is settled in and checked by the nurse.</p>	<p>Warm blankets will be provided for your child in the operating room.</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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SPECIALTY INFORMATION: Tonsillectomy / Adenoidectomy

IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p>IMMEDIATE RECOVERY Your child will be checked in to recovery by the surgery team and the recovery room nurse.</p>	<p>Your child will be offered clear liquids if there is no nausea. Drinking lots of fluid is very important in the healing process.</p>	<p>Infants and children can be held by the parent/guardian.</p> <p>Young adults will be assisted up to the recliner chair and the private bathroom.</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 is given if your child is tolerating fluids and is not having 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 parent/guardian.</p> <p>Your child will be discharged when stable (about 2 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 have your child drink cool liquids and include popsicles as well.</p> <p>Follow instructions from the physician regarding when to begin a regular diet. Do not include citrus fruits or orange, lemonade, pineapple juices.</p>	<p>Have your child sleep and rest as an important to the recovery process. Have your child rest often by watching videos, listening to music and reading.</p> <p>Follow activity instructions from your doctor. Some restrictions will be given.</p>	<p>Pain medicine should be taken on a regular basis as needed. You may find that it helps your child to take pain medicine before drinking additional fluids.</p> <p>For fever give Tylenol and include cooling measures as needed.</p>	<p>Schedule your child's post-surgery office visit as instructed by the doctor. Notify your surgeon if you have:</p> <ul style="list-style-type: none"> *bleeding *difficulty in breathing *nausea and vomiting that won't stop <p>Notify the surgeon if you have any concerns or questions.</p> <p>Fluids, rest and pain medication are very important the first few days.</p>