



## 病人教育

耳鼻喉科 - 頭頸外科中心



# 扁桃體切除術

## 術後護理

如有擔憂或疑問，

- 請撥打診所電話：  
**206-598-4022**。
- 下班後請撥打：  
**206-598-6190**，要求  
傳呼值班的耳鼻喉科醫  
生。
- 或撥打 **206-598-7535**留  
言，並留下與您聯繫的  
時間。

### 飲食

- 在恢復期間的每一天，喝至少 8 杯液體，例如水、果汁或汽水。冷液體有助於減輕腫脹。
- 只要您覺得可以吃一些軟食物，便可以吃，例如冰激凌、布丁、冰棒、土豆泥。但是在幾天內還是不要吃固體食物，也不要吃大塊、辛辣或有尖銳邊緣的食物。

### 藥物

- 可服用醫生開出的所有抗生素。如果出現皮疹或尋麻疹，則應停止服用，並撥打診所電話有206-598-4022。
- 可服用醫生開出的止疼藥。如有必要，可在止疼藥吃完之前致電診所護士，要求再開一些藥物。
- 可按照藥瓶上的說明服用acetaminophen (Tylenol)，但是您醫生開出的止疼藥必須不含有醋氨酚。
- 不要服用諸如ibuprofen (Motrin, Advil) 這類消炎藥。

### 手術後

- 10 天內應避免從事會使您呼吸急促、出汗或勞累的活動。
- 睡覺時應盡可能將頭部抬高。
- 手術後翌日即可進行淋浴。
- 您可能會感到喉嚨後部有些東西頂住。這是正常的，腫脹減輕後這種感覺就會消失。
- 避免咳嗽和清嗓子。

## 有任何問題嗎？

請致電 206-598-4022

您的問題很重要。如果有任何問題或憂慮，請致電您的醫生或家庭醫生，UWMC 診所的醫務人員也可隨時提供幫助。

*如對您的護理有任何問題：*

請致電耳鼻喉診所護士諮詢熱線：**206-598-7535**。留下與您聯繫的時間。

*如有緊急情況：*

請撥打耳鼻喉診所電話：**206-598-4022**，請前臺傳呼護士。

*下班後、週末和節假日：*

請撥打 **206-598-6190**，要求傳呼值班的耳鼻喉科醫生。

- 如果唾液中含有一些血絲，可用冷水漱口，然後坐在椅子上休息。
- 如果唾液中血絲較多：
  - 撥打診所電話 206-598-4022，要求和護士通話。
  - 在下班時間、週末和節假日，可撥打 206-598-6190，要求傳呼值班的耳鼻喉科醫生。
- 如果大量出血，撥打 9-1-1。

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

Otolaryngology – Head and  
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Tonsillectomy  
Chinese

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# Tonsillectomy

## *Care after surgery*

If you have concerns or questions:

- Call the clinic at 206-598-4022.
- After hours, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.
- Or, leave a message at 206-598-7535 with a time you can be reached.

### Diet

- Every day as you recover, drink at least 8 glasses of fluids such as water, juice, or soda. Cool fluids help lessen swelling.
- You may eat soft foods such as ice cream, pudding, popsicles, and mashed potatoes as soon as you feel ready. You may not feel ready to start solid food for several days. Do not eat food that is bulky, spicy, or has sharp edges.

### Medicines

- Take all prescribed antibiotics. Stop the medicines if you get a rash or hives and call the clinic at 206-598-4022.
- Take your pain medicines as prescribed. If needed, call the clinic nurse to order a refill before you run out of pain medicine.
- You may take acetaminophen (Tylenol) as directed on the bottle, as long as your prescription pain medicine does not have acetaminophen in it.
- Do not take anti-inflammatory medicines such as ibuprofen (Motrin, Advil).

### After Surgery

- For 10 days, avoid activity that makes you breathe hard, sweat, or strain.
- When sleeping, keep your head elevated as much as possible.
- You may shower the day after surgery.
- It may feel like there is something in the back of your throat. This is normal and will go away as the swelling lessens.
- Avoid coughing and clearing your throat.

## Questions?

Call 206-598-4022

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

*For questions about your care:*

Call the Otolaryngology Clinic Nurse Advice Line at **206-598-7535**. Leave the time you can be reached.

*For urgent issues:*

Call the Otolaryngology Clinic at **206-598-4022**. Have the front desk staff page the nurse.

*After hours and on weekends and holidays:*

Call **206-598-6190** and ask for the Otolaryngology resident on call to be paged.

- If your saliva has a few blood streaks in it, rinse your mouth with cold water and rest sitting up in a chair.
- If your saliva has more than a few blood streaks in it:
  - Call the clinic at 206-598-4022. Ask to talk with the nurse.
  - After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.
- Call 9-1-1 if you have severe bleeding.

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