



# Family Education Handout Tonsillectomy and Adenoidectomy

There are many ways to make your child more comfortable after surgery. This packet will help you care for your child at home.

## What should my child drink and eat?

- **Drinking a lot of fluids is very important!**
  - ❖ **Give** your child water, diluted apple juice, Gatorade or milk.
  - ❖ **Do not give** your child citrus juices like orange and grapefruit juice.
- Daily fluid guideline:
  - ❖ age 0 - 2 years: 16 ounces a day
  - ❖ age 2 - 4 years: 24 ounces a day
  - ❖ age 4 years+: 32 ounces a day
- It's OK for your child to use a straw.
- **Give soft foods for two weeks.** Examples are pasta, mashed potatoes, pudding, pancakes and scrambled eggs. You can also give milk and ice cream.
- **Your child may return to his usual diet after two weeks.**

## Can my child be active?

Your child may take **two weeks** to recover and "be himself" after surgery.

- **School/daycare:** Your child can return to school or daycare once he stops taking pain medication. This is often two weeks after surgery.
- Wait at least **two weeks** before allowing your child to:
  - ❖ Spend the night at a friend or relative's home
  - ❖ Travel by airplane or train, go camping or do other activities that make it hard to get to a hospital quickly

Please follow the specific recommendations from your child's doctor. Tell your child's school nurse and caregivers about the operation. Give them a copy of this information sheet.

## Will my child have a fever?

- A fever of up to 101.5°F is normal for two to three days after surgery.
  - ❖ **If your child feels warm**, check his temperature. Ask your nurse to show you how to do this if you are not sure.
  - ❖ **If your child will not take acetaminophen (like Tylenol) by mouth**, give a rectal suppository of acetaminophen. You can buy this at a drug store. Follow the directions on the box.
  - ❖ If your child has a fever higher than 101.5°F, call our office at 630-761-5531

## How should I care for my child's throat?

Bad breath is normal and can last for weeks after surgery.

- **Don't give your child mouth rinses** (like Scope or Listerine). They may bother the back of the throat.
- **Brush your child's teeth** as usual.
- **Don't worry if you see white patches in your child's throat** (where the tonsils were). This is normal and often goes away in a couple of weeks.
- It may be uncomfortable when your child clears his throat, cries and coughs. **Try to comfort your child** when this happens.

## What should I do if there is bleeding?

Your child could have bleeding for up to two weeks after surgery. **This is rare and must be treated right away.**

- Don't let your child go anywhere that is farther than 30-45 minutes from an emergency room.
- If your child throws up blood, bleeds from the nose or mouth or if you see blood (on clothing, sheets, etc.), go to the closest emergency room or **call 911** right away. Keep calm and help your child stay quiet.
- Call Dr. Amin if your child is admitted to another hospital.

## Will my child be in pain?

Your child might have throat pain after surgery. Pain is usually worse right after surgery (days one to three). It gets better for a few days and then gets worse again (usually days five to seven). This is normal.

- It may be hard for your child to swallow. Having him drink fluids can help with the pain.
- Your child may have ear pain. This is normal and not a cause for concern.
- **Pain medicines will not get rid of all the pain.**
- Your child will take **acetaminophen** and **ibuprofen** for pain. Please see the next page for instructions.

## When should I call the doctor?

- Call us if your child has:
  - ❖ An upset stomach or vomiting (throwing up) that lasts three hours or more
  - ❖ A fever higher than 101.5°F
  - ❖ Not had any liquids to drink
  - ❖ More sleepiness than usual
  - ❖ Neck stiffness that doesn't get better with pain medicine
- Call with any questions or concerns.

## Contact us

- Monday- Friday, 8:30 to 4:30 p.m, Call the Nursing line at (630) 761-5531. **Please leave a voicemail if you reach the voicemail line**
- Nights and Weekends: Page Dr. Amin by calling (630) 761-5531 and choosing for "**Urgent messages.**"