

Pain Management and Medications

Your child will have a sore throat. They may be given a prescription for pain. Please take as directed. If no prescription is provided, Tylenol or Advil may be given on a regular basis according to the directions on the package. Placing a humidifier in your child's room can also help make your child more comfortable. Also, raising your child's head and shoulders can help reduce swelling.

- Your child may also complain of an earache. This is common. Warm compresses to the ears are helpful.
- Pain can sometimes be worse toward the end of the first week. This is normal.
- Your child may have a stiff neck.

Activity/Exercise

Keep your child as quiet as possible in the house for the first 2 days (lying in bed or on a couch). Children may be allowed outside on the 3rd day, but activity must be controlled and carefully watched.

- Avoid persons with coughs, colds, and illnesses for 2 ½ weeks
 - No strenuous activity or sports, etc. for 2 ½ weeks. Encourage extra rest each afternoon.
- Your child can go back to school or daycare in a week to 10 days after surgery. Avoid going on long trips out of town for 2 weeks after the operation.

Diet

Encourage your child to drink plenty of cool fluids, popsicles, freezies, Jell-O, and sherbet following surgery.

- The day after their surgery, your child can eat ice cream, any soft foods (e.g. puddings, mashed potatoes, Jello, oatmeal, etc.)
- Avoid using straws and acidic juices (orange, grapefruit) for 10 days.
- Avoid foods that could hurt the throat such as pizza and toast crusts for 2 ½ weeks.

Dressing/Wound Care

Your child may have bad breath for about 2 weeks after the operation. Have your child rinse their mouth with water or gently brush their teeth. Do not let your child gargle or swish anything around in the back of their throat.

Your child may have white patches where the tonsils were for several days. This does not mean that they have an infection.

To protect your child's throat, make sure they try not to cough, talk loudly, or clear their throat a lot for 7-10 days. Teach your child to sneeze with their mouth open.

Do not let them blow their nose for at least 1 week after surgery. They should dab their nose with a tissue if it is dripping.

If your child also had their adenoids taken out, their voice may sound as if they are talking through their nose. This is normal and may last for a few weeks or up to 3 months if the adenoids were very large.

Danger Signs to Watch Out For

Contact your healthcare provider or surgeon if:

- They have a fever of 38.5°C (101°F) or higher
- Vomiting (throwing up) that does not stop
- Pain that gets worse
- Refusing to drink
- Child does not urinate (pee) within 12 hours of the operation
- Fresh blood in the nose or mouth

Seek care immediately or call 911 if:

- Your child is bleeding or having trouble breathing

Follow-Up

A follow up appointment will need to be made between 4-6 weeks after surgery. Please call the surgeons office to make an appointment.

If you have any questions, please contact your surgeon's office.

- Dr. Kolenda 905-849-7560
- Dr. Mabini 905-815-1162
- Dr. Lai 905-825-0549
- Dr. Holler 416-864-5279
- Dr. Zhang 905-901-5558

Other Instructions: _____

This handout is for self-care. It should not to be used to replace a visit with your healthcare provider. If you have questions about your personal medical situation, please call your healthcare provider.