

INSTRUCTIONS TO PATIENTS FOLLOWING TONSILLECTOMY (ADENOIDECTOMY)

The following guidelines can be useful in determining how your child is recovering from surgery.

1. **Diet** - The most important thing is to keep your child **hydrated with fluids**. There is no set pattern as to the number of days when the child starts to eat normally. Some children want to eat a hot dog or hamburger a day after the operation and other children just want Jell-O and ice cream for four or five days. Let your child set his/her own pace. Do avoid, however, hard, scratchy foods such as potato chips and pretzels for approximately **two weeks**. Citrus or acidic fruits and juices should be avoided as well as hot or spicy foods.
2. **Activity** - Children will take a few days to "be themselves." Keep the child out of school for one to two weeks. Also, keep the child from acting too vigorously or straining. Remember that your child is not an invalid, however. He/she can still help with the dishes, clean the bedroom, visit friends, etc. No one should smoke near the patient.
3. **Pain** - The child will experience pain in the throat and referred pain to the ears. **Please do not use aspirin or Aspergum for pain relief**. This might allow bleeding. Instead, utilize Tylenol, or the medication prescribed by the doctor. The pain should take a few days before it is gone. For adults, anticipate more discomfort and use the medication prescribed.
4. **Fever** - Your child might or might not run a low-grade fever for a few days. This is improved with Tylenol and will cease spontaneously.
5. **Foul Breath** - Your child may or may not have some foul breath for a few days. This will cease spontaneously. Yellow or white membranes on the throat are normal. Gargles should be avoided.
6. **Bleeding** - This can be the most frightening and potentially dangerous complication of tonsil surgery. It is very unusual when this occurs. Should it occur, however, it might be heralded by pain on one side of the throat, which is significantly out of proportion to the other side. Bleeding of significance usually occurs about one week postoperatively, if it is to occur. Should this happen, please do not panic even though blood coming from the mouth can appear frightening. Keep your child leaning forward so that the blood does not go down his/her throat. Please get in touch with the ENT Clinic at (408) 236-4570, or if after hours, bring the child to the Emergency Department.
7. **Adenoidectomy** - Your child, in addition to the above points, might also have liquids drip out through the nose when eating for a few days. This will cease spontaneously.