

Tonsil and Adenoids Child

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. The patient should not get overtired. You may be up and about the house. Do not allow patient to play outside or participate in any sports until after the 7th day following the surgery since bleeding can occur anytime in that period.
3. Regular medications should be taken as taken before the operation, unless instructed otherwise.
4. The soreness of the throat may increase in severity for the first 3 to 6 days after the operation and then usually diminishes. The child may awaken at night crying and then go back to sleep in a few minutes. This may happen frequently during the first week.
5. Pain in the ears is common during the first week-occasionally longer.
6. Pain medications should be taken as prescribed. Avoid letting the patient get constipation (bowels should move once a day) Give plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
7. Diet:
 - First Day following the operation:** Make sure the patient drinks plenty of clear fluids, water, popsicles, Jell-O, and broth, etc. If not enough fluid is taken by the patient, their throat will become more sore, is more likely to become infected and bleed, and will take longer to heal.
 - Second and Third Day:** Ice cream, pudding, milk. Soft foods may be added gradually; mashed potatoes; soft boiled and poached eggs, and toast, etc.
 - Fourth Day:** Regular diet is gradually resumed
 - Avoid:** Citrus fruit juices unless well diluted (orange, lemon etc.) tomato juice, hot highly seasoned and hard foods for the first week.
8. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
9. Contact your Doctor or seek medical attention if any of the following occurs:
 - **If you have more than blood tinged saliva, bleeding more than 2 tablespoons or vomit bright red blood.**
 - Signs of infection, including fever and chills

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- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

- ... call your surgeon/doctor,
- ... or call Telehealth 1-866-797-0000
- ... or come to the Emergency Department at Georgian Bay General Hospital

10. Call for follow-up appointment as directed by Surgeon (usually in 2 weeks).

Specific Instructions:
