

### Post-Operative Tonsillectomy Information

#### Diet

- Clear liquids are advised for a day or two. Then advance to a soft diet such as custards, Jell-O, ice cream, sherbet, broth, soup, farina, pasta, soft-boiled eggs, mashed potatoes, soft-cooked vegetables and soft bread. They may be eaten daily, as tolerated. If a child does not want food, do not worry. Encourage the intake of fluids including high-caloric drinks, water, ice pops, Kool-Aid, apple juice and flat soft drinks.
- Avoid drinks with high acid content (i.e. grapefruit juice, orange juice and tomato juice) for several days after surgery. Avoid foods with scratchy rough edges (i.e. crackers, cookies, chips, toast, pizza and pretzels).
- Cool or lukewarm liquids are less irritating than cold liquids.
- A bedside humidifier is helpful in alleviating throat dryness.

#### Activities

- No over exertion.
- Rest at home for a week or as advised by your physician.
- No strenuous exercises or heavy lifting.
- No school or work for a week or as long as advised by your physician.

#### Pain Management

- For discomfort, mild pain, or low grade fever, give liquid Tylenol every 4 hours as needed.
- Tylenol with Codeine is usually sufficient to help alleviate moderate to severe pain. It is advisable to take this medication with food and at bedtime.
- **No Aspirin or Aspirin products including Motrin, Advil, Nuprin, or Ibuprofen should be taken 10 days prior to surgery or after surgery. These products can cause bleeding because they thin the blood.** Ask your physician when you may resume taking these types of medication.

#### Additional Information

- The danger of serious bleeding is over after you leave the hospital. In about 2% of cases, there is some bleeding after 5 to 7 days after surgery. If this happens, do not get excited for this bleeding is usually slight. Keep the child calm and quiet, lay him/her in bed and encourage to gently spit the blood out. Give the child ice chips or water and, if possible, have them gargle gently. **If the bleeding does not stop promptly, call the doctor or go to the Emergency Room.**
- A low grade fever is not unusual for several days following surgery. Monitor the temperature at regular intervals and give Tylenol as needed. If it fluctuates sharply, or persists for more than a week, call your physician.
- Two white patches will form where the tonsils were removed. This is perfectly normal and is like a scab. Do not try to remove it.
- Most children have ear pain for several days after surgery. It does not usually indicate an ear infection. This ear pain can be controlled with Tylenol and will gradually subside.
- If any problems develop, or you have any concerns, please call the doctor.
- Your doctor will see your child again in one or two weeks after surgery. Call the office to set up an appointment.