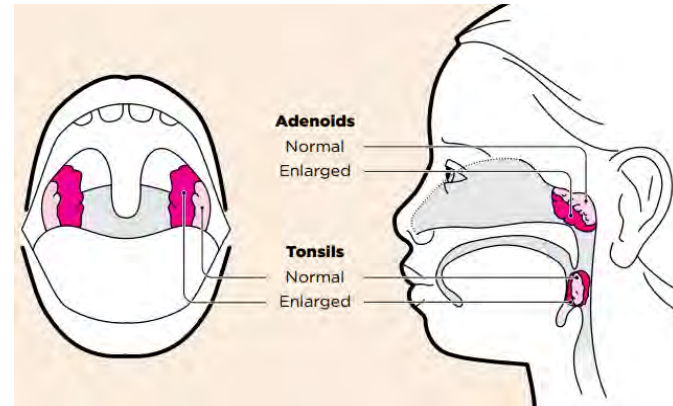


Tonsillectomy & Adenoid Surgery Discharge Instructions

How Does The Throat Heal After Surgery?

Normal part of healing: Thick white patches (scabs) form where the tonsils and adenoids were removed.

These scabs will fall off gradually usually during the second week after surgery



How Long Will It Take To Recover After Surgery?

It may take up to 14 days to fully recover from this surgery.

Give Pain medication as directed & try to distract your child with light activities

What Should My Child Drink?

Drink LOTS of Fluid ✓

Water

Apple Juice

Gatorade

AVOID: ✗

Orange Juice

Lemonade

Hot Drinks

Grapefruit Juice

No RED, PURPLE, BROWN Coloured Liquid

***** DO NOT USE A STRAW *****

Everyday your child should drink at least:

- Age 0-2 years: 16 ounces a day (450 ml)
- Age 2-4 years: 24 ounces a day (700ml)
- Age 4 years or older: 32 ounces a day (950 ml)

What Can My Child Eat?

Eat:

- Sherbert
- Jello
- Mashed Potatoes
- Bananas
- Soft Foods



Avoid:

- Raw Veggies
- Chips
- Crunchy Food
- Popcorn
- Crackers
- Tomatoes

****Your child can go back to their usual diet after 2 weeks ****

How to Care for My Child's Mouth?

- It is very important to encourage your child to drink a lot of fluids to keep the mouth moist.
- Rinse your child's mouth DO NOT have them gargle or clear their throat.
- Do not give your child mouth rinses (Scope or Listerine). This will bother the back of your child's throat.
- Brush your child's teeth as normal.
- Bad breath is normal and can last up to 2 weeks after surgery.
- You may see white patches at the back of your child's throat. This is normal healing and usually goes away in a couple of weeks.
- When your child coughs, cries or clears their throat it may be uncomfortable or painful for them – comfort them.

When Can my Child Return to School & Activities?

- Your child will remain home from school or daycare for 2 weeks after surgery.
- No sports or physical activities including swimming for 2 weeks.
- Stay close to home for 2 weeks after surgery.
- Wait 2 weeks before allowing your child to spend the night at a friend or relative's house.
- No travel by airplane or train, or go camping, or do any other activities that may make it difficult to get to a hospital quickly.
- Avoid contact with people who have a cough or cold.

WILL MY CHILD BE IN PAIN?

Throat pain after surgery is very common up to 2 weeks after surgery. Pain levels may vary day to day.

It is expected that pain will be worse between the 4th-7th day after surgery.

- It may be difficult for your child to swallow but drinking may alleviate some of the pain.
- Ear pain is common after surgery and is no cause for concern.
- Pain medications will help improve pain but will not completely get rid of pain.

PAIN MEDICATIONS

Tylenol (Acetaminophen) and Advil or Motrin (Ibuprofen) are medications that **treat pain and fever**. Ibuprofen also helps with inflammation (swelling & redness).

Tylenol (Acetaminophen) - liquid (Children's dye-free formulation) or suppository
Advil or Motrin (Ibuprofen) - liquid (Children's dye-free formulation)

**** These medications can be purchased over the counter in a drugstore.
No prescription is required. Red dye-free formulation ****

HOW TO GIVE MY CHILD THESE MEDICATIONS?

- You need to alternate doses of Tylenol (Acetaminophen) and Advil/Motrin (Ibuprofen) every 3 hours.

******This means your child will get**

Tylenol every 6 hours and Advil/Motrin every 6 hours****

- You should give these medications regularly even throughout the night.
- Many children need round the clock medication for multiple days.
- If your child is drinking well and appears comfortable, you may decrease the frequency that the medications are provided.

IMPORTANT MESSAGE REGARDING MEDICATION

- Ask your community pharmacist for an appropriate measuring device (i.e., oral syringe).
- DO NOT use kitchen spoons**
- If the medication upsets your child's stomach, give with food.
 - **Dosing is specific for your child's weight and may be different from the dose that you are used to giving.**
 - **DO NOT GIVE HOMEOPATHIC or HERBAL MEDICATIONS** as these may increase bleeding
 - **DO NOT TAKE ASPIRIN** for 1 week



TRACKING YOUR MEDICATIONS

Medication Acetaminophen = Tylenol Ibuprofen = Advil/Motrin	Time Last Given	Surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Acetaminophen									
Ibuprofen									
Acetaminophen									
Ibuprofen									
Acetaminophen									
Ibuprofen									
Acetaminophen									

DOSAGE TABLE : ACETAMINOPHEN/ TYLENOL

Medication Strength	<u>ACETAMINOPHEN:</u> Children's Tylenol *160 mg/ 5 mL* (32 mg/mL)	<u>ACETAMINOPHEN:</u> Tylenol Suppository Available: 120 mg, 160 mg, 325 mg, 650 mg	
Weight in Kilograms (kg)			Weight in Pounds (lb)
10 – 14.9 kg	160 mg (5 mL)	160 mg	22 – 32.9 lb
15 – 20.9 kg	240 mg (7.5 mL)	240 mg (2 x 120 mg)	33 – 45.9 lb
21 – 25.9 kg	320 mg (10 mL)	325 mg	46 – 56.9 lb
26 – 31.9 kg	400 mg (12.5 mL)	445 mg (325 + 120 mg)	57 – 70.4 lb
32 – 37.9 kg	480 mg (15 mL)	485 mg (325 + 160 mg)	70.5 – 83.4 lb
38 – 46.9 kg	640 mg (20 mL)	650 mg	83.5 – 103.3 lb
47 – 59.9 kg	800 mg (25 mL)	770 mg (650 + 120 mg)	103.4 – 131.9 lb
Greater than 60 kg	960 mg (30 mL)	975 mg (650 + 325 mg)	132 lb and greater

Please note that this is the dosing and concentration for
Children's Tylenol Liquid (different from **Infant** Tylenol).

Ask your community pharmacist for an appropriate measuring device
(i.e., oral syringe) for your child's dose.



DOSAGE TABLE : IBUPROFEN/ ADVIL/ MOTRIN

Medication Strength:	<u>IBUPROFEN:</u> Children's Advil Children's Motrin *100 mg/ 5 mL* (20 mg/mL)	
Weight in Kilograms (kg)		Weight in Pounds (lb)
10 – 11.9 kg	100 mg (5 mL)	22 – 26.4 lb
12 – 14.9 kg	120 mg (6 mL)	26.5 – 32.9 lb
15 – 17.9 kg	150 mg (7.5 mL)	33 – 39.4 lb
18 – 21.9 kg	180 mg (9 mL)	39.5 – 48.4 lb
22 – 25.9 kg	220 mg (11 mL)	48.5 – 56.9 lb
26 – 29.9 kg	260 mg (13 mL)	57 – 65.9 lb
30 – 35.9 kg	300 mg (15 mL)	66 – 78.9 lb
36 – 39.9 kg	350 mg (17.5 mL)	79 – 87.9 lb
40 – 44.9 kg	400 mg (20 mL)	88 – 98.9 lb
45 – 49.9 kg	450 mg (22.5 mL)	99 – 109.9 lb
50 – 54.9 kg	500 mg (25 mL)	110 – 120.9 lb
55 – 59.9 kg	550 mg (27.5 mL)	121 – 131.9 lb
60 kg and greater	600 mg (30 mL)	132 lb and greater

Please note that this is the dosing and concentration for **Children's** Advil/ Motrin Liquid (different from **Infant** Advil/ Motrin).

Ask your community pharmacist for an appropriate measuring device (i.e., oral syringe) for your child's dose.



WILL MY CHILD HAVE A FEVER?

- Check your child's temperature, if they feel warm
- A fever of up to 38.6 degrees Celsius / 101.5 degrees Fahrenheit is normal for 2-3 days after surgery
- If your child has a fever, you can give Tylenol or Advil. Do not exceed the maximum total daily dose.

WHEN SHOULD I CALL THE DOCTOR?

- Pain that does not get better after taking pain medicine
- More sleepiness than usual
- Neck stiffness that doesn't get better with pain medicine
- A feeling of faintness or dizziness
- Blood in the stool (poop) or black stool
- An upset stomach or vomiting (throwing up) that lasts 3 hours or more
- A fever over 38.6 degrees Celsius/ 101.5 degrees Fahrenheit
- Your child has not had any liquid to drink

WHAT TO DO IF THERE IS BLEEDING?

If you notice old blood (a spot on your child's pillow when your child wakes up) but no persistent bleeding, call your doctor's office.

IF YOUR CHILD IS CURRENTLY BLEEDING FROM THE MOUTH OR NOSE – BLOOD FLOW IS NOT STOPPING OR SLOWING DOWN

Call 911 and get to the nearest emergency department quickly