

Tonsil and Adenoid Surgery in Children: Discharge Instructions

Drinking and Eating

Drinking is important for your child after surgery. Fluids soothe the throat, and keep the area clean and moist which helps with healing. In the first few days, offer your child cold drinks and soft, cool foods, including ice chips, popsicles, Freezies, and Jello but avoid products with red, brown or purple food colouring (e.g. red popsicles), as it may be mistaken as blood if your child vomits. Foods to avoid include hot, spicy, acidic, or dry foods that might irritate the throat such as toast, crackers, tomatoes, orange juice and lemonade.

If your child is drinking well, do not be concerned if several days pass before their appetite returns to normal. Children who have only had adenoids removed will return to a normal diet more quickly.

Do not give your child a straw for drinking.

Medication

It is important that your child receives regular pain medication at home, even when they do not ask for it. Medication makes your child feel better, and makes drinking more comfortable. Your child will have a sore throat and possibly an earache for several days or longer, and can last up to two weeks. Sometimes, pain worsens five or six days after the operation before it starts to improve. Give pain medication as prescribed by your child's surgeon. The most recent recommendation is to give both Acetaminophen (e.g. Tylenol®) & Ibuprofen (e.g. Advil®, Motrin®) every six hours for five days following surgery. We recommend that you alternate these medications so your child receives medication every three hours. For example, give Acetaminophen at 8am, Ibuprofen at 11am, Acetaminophen at 2pm, Ibuprofen at 5pm etc. Ensure you use dye-free products. You may also receive a prescription for liquid Morphine because, occasionally, children require stronger pain medication. You can monitor your child's response to Acetaminophen/Ibuprofen and then fill the prescription for Morphine if needed. If you do give your child Morphine, it should be used with caution and only given as directed by your physician. Most children require less pain medication after five days. You will be provided with a medication journal to keep track of medicine you have given. Mixing medication with food is not recommended.

DO NOT give homeopathic and herbal remedies unless approved by your child's surgeon as these can cause bleeding.

Activity

It is best for your child to remain relatively calm for one week after the operation. Your child may bathe as normal. Strenuous play including swimming and contact sports should be avoided until approved by the surgeon. Contact with people who have infections such as colds and coughs should be avoided. Your child should not go on long trips out of town for 2 weeks after the operation and should stay within one hour of a hospital. Your child may return to school anywhere from 7-14 days following surgery. Your child's surgeon will tell you what is right for your child.

Special Instructions

Mouth Care: It is normal for a white coating to develop over the tonsil area. Mouth odour may be present for a few days after surgery. Gently brushing of the teeth is permitted. Discourage gargling and frequent coughing as this may cause bleeding. Oral rinses including hydrogen peroxide are not recommended and may be dangerous to your child.

Fever, Bleeding and Nausea: Your child may have a slight fever (38° C or 100° F) for 4 – 5 days following surgery. A fever over 38.5° C or 101.3° F should be reported to a doctor. Bleeding is uncommon but may occur up to two weeks after surgery. Any obvious bleeding should be reported to a doctor. Some children experience nausea after the operation. If nausea is preventing your child from drinking, or if your child is vomiting, please notify a doctor.

Follow-Up

Schedule a follow-up appointment as instructed by your surgeon, usually one week from the date of surgery.

Call your surgeon's office during business hours or go to the nearest emergency department if:

- There is any blood coming from the nose or mouth or your child vomits dark brown fluid
- Your child does not pass urine for more than 12 hours after surgery
- Your child has a fever over 38.5°C or 101.3°F
- You feel your child is becoming dehydrated (dry mouth, decreased urine output, lethargy, light headed)

NOTE: Please bring this information sheet with you if you need to take your child to the emergency department.

Important numbers to keep handy:

Surgeon's Name and Number: _____

Family Doctor Name and Number: _____

Closest Hospital Name and Address: _____



Medicine Diary

Start Date: _____

Wong-Baker FACES® Pain Rating Scale



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Instructions for Usage

Explain to the person that each face represents a person who has no pain (hurt), or some, or a lot of pain.

Face 0 doesn't hurt at all. Face 2 hurts just a little bit. Face 4 hurts a little bit more. Face 6 hurts even more. Face 8 hurts a whole lot. Face 10 hurts as much as you can imagine, although you don't have to be crying to have this worst pain.

Ask the person to choose the face that best depicts the pain they are experiencing.

Acetaminophen (e.g. Tylenol®) every 6 hours

Surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Ibuprofen (e.g. Advil®, Motrin®) every 6 hours

Surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

