



381 Church Street
P.O. Box 1800
Markham Ontario
L3P 7P3

DISCHARGE INSTRUCTIONS FOR (CHILD) TONSILLECTOMY and/or ADENOIDECTOMY

Diet Drinking is very important for you child after surgery. Fluids will soothe sore and swollen throat, help keep the mouth and throat clean and wet and help prevent bleeding.

Activity There are no diet restrictions...however, soft foods and fluids may be better tolerated for the first few days. Cool foods (popsicles, ice cream, jello) may feel more comfortable. Avoid citrus fruit juices. If your child is drinking well, do not be concerned if several days pass before their appetite returns to normal.

Children who have had only adenoids removed will return to normal diet more quickly.

Medication Your child will experience throat and ear pain, especially on swallowing for several days after surgery. Give your child pain medication as prescribed by your surgeon or Acetaminophen (Tylenol, Temptra, Panadol) may be given as directed.

DO NOT give motrin, Advil or ASA compounds (aspirin, Bayer) for 2 weeks after surgery as they may cause bleeding.

DO NOT give homeopathic / herbal medications unless approved by your surgeon.

Activity Your child may return to school:
4 days following adenoidectomy
7-10 days following tonsillectomy with Dr. Halik
10-14 days following tonsillectomy with Dr. Lui & Dr. Werger
Your child should avoid strenuous play or exercise, including swimming until approved by the surgeon. Contact with people who have infections. (e.g. colds, coughs), should be avoided.

Special Instructions **Fever:** Following surgery, your child may have a slight fever (38C/100F) for 4-5 days. Report prolonged fever over 38.5C/101.3F to your surgeon.

Mouth Care: A white coating usually develops over the tonsil area. This is normal. Mouth odour may be present for a few days after surgery. Brushing teeth is allowed. Discourage gargling, frequent coughing and clearing of the throat as this may start bleeding.

Bleeding: Bleeding is uncommon but may occur up to 2 weeks after surgery.

Follow-up Make a follow-up appointment as instructed by your surgeon.

CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF:

1. There is any blood or
2. Your child vomits dark brown fluid.
3. Your child does not pass urine for more than 12 hours after surgery.
4. Your child has a prolonged fever over 38.5C or 101.3F.
5. You feel your child is becoming dehydrated.