

Tonsillectomy

HOME CARE INSTRUCTIONS

- **Drink plenty of fluids** such as water, apple juice, and electrolyte beverages. Jell-O, popsicles, and ice chips are also good sources of fluids. Avoid acidic juices like orange or tomato juice.
- Diet should start with clear fluids and advance to soft foods as tolerated. Some suggestions are:

Eggs, applesauce, mashed potatoes, pasta (with butter, margarine, or oil),
Oatmeal, Italian ice, yogurt, custard, pudding, rice, tuna/egg/chicken salad,
Sherbet, ice cream, macaroni and cheese (thinned down), soup

- Avoid spicy and crunchy foods as well as carbonated drinks for 2 weeks.
- Rest frequently. You will be tired.
- Make sure to eat something before taking pain medications to not upset stomach.
- Take pain medication as prescribed. Ask your child if they are in pain as they may not tell you.
- Pain lasts about 7-10 days and can last as long as 2 weeks. It could be throat pain, ear pain, and neck pain. Pain may be worse in the AM, this is normal.
- **DO NOT** take aspirin, or products containing aspirin, for 7-10 days.
- If possible, use a cool mist vaporizer, especially while sleeping.
- Apply an ice pack to the neck area if this provides comfort.
- See your physician 1 week after surgery.
- Avoid red food dye until healed.
- If you have been prescribed narcotics, it is important not to drive or operate machinery or engage in climbing activities due to risk of injury to yourself or others. **NO** driving within 10 hours of narcotic use.

POSSIBLE SIDE EFFECTS

- You may feel drowsy and nauseated from the anesthesia.
- It is normal to experience throat pain, earache, and bad breath.
- It is normal to experience a low-grade fever (99.5°-101°).
- White patches will appear as your throat heals. These are scabs and will fall off as healing progresses.

CONTACT YOUR PHYSICIAN

- If you spit up or cough up blood or suspect bleeding, take a sip of ice cold water, rinse out the mouth and gargle and spit into sink. Repeat this 3 times and if there is still bright red blood or substantial bleeding, contact your physician.
- If you have a fever greater than 101.1°.
- If you have signs of dehydration such as fatigue, low urine output, or a fast heartbeat.
- If you have any questions or concerns.