

## Home Care of Children after Tonsillectomy

Tonsillectomy is the removal of the tonsils. It is a safe and effective surgical procedure that will provide your child with lasting benefits. The suggestions below should help with a rapid recovery.

### What to Eat:

- Avoid foods that are hot, spicy or rough and scratchy (such as potato or corn chips).
- Encourage your child to drink at least four to six 8 oz. glasses of liquid daily (sports drink, fruit punch and non-citrus juices) to prevent dehydration.
- Within one to two days, add cold and soothing foods (icees, ice-cream, frozen yogurt).
- As your child feels better, add soft, bland items that are easy to chew and swallow (pasta, puddings, mashed potatoes, tuna or chicken salad, macaroni and cheese, soups).
- Children over four years of age may suck, not chew, lollipops or hard candies.

### Activity:

- Encourage your child to get out of bed frequently and return to normal activity as soon as possible. There are no strict rules for activity after surgery other than to avoid contact sports or heavy exertion for about two weeks. Nearly all children may return to school after one week.

### Ways to Lessen Discomfort:

- Encourage adequate food and liquid intake.
- Make sure all of the antibiotic is taken as prescribed.
- Provide favorite gum for chewing (it exercises the jaw muscles and lubricates the throat with saliva).
- Offer distractions such as games and activities (new toys are particularly effective!).
- Reassure the child that within seven days he/she should be getting back to normal.

### Pain:

- Acetaminophen (Tylenol) can be used as directed. Avoid ibuprofen products (Motrin, Advil) because they may increase the chance of bleeding.

### What to Expect:

- A hoarse or abnormal voice may occur for several days
- Vomiting may occur for up to 24 hours
- Snoring may persist for 1-2 weeks
- Ear pain may occur (the ears and tonsils share common nerves), but is temporary and requires no treatment.
- Fever of up to 101 degrees
- Bad breath is common for several days
- A scab or crust will form in the throat and will go away within about two weeks.

### Call the Doctor if your Child:

- Has persistent or excessive bleeding (go straight to the nearest emergency room if severe)
- Has inadequate food or beverage intake
- Has fever 102 degrees or higher *despite* acetaminophen (Tylenol)
- Develops a severe stiff neck
- Has foul breath (without signs of improvement) after 3-4 days
- Seems to be getting worse or is not getting better as the days go by

**For Questions or Emergency Care:**

Call the office at **601-984-5160**. You may need to speak to the doctor on call.