

# TONSILLECTOMY & ADENOIDECTOMY HOME INSTRUCTIONS FOR CHILDREN

## ACTIVITY

- Your child requires constant supervision for the next 24 hours.
- The first few days should be spent resting quietly in bed or on the couch. Your child may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect them from injury.
- Your child should stay home from school for 7-14 DAYS. Your child should be excused from PE classes and refrain from rough play activities for the full 14 DAYS. Encourage quiet indoor activities or play.
- Bad breath is normal. Practicing good oral hygiene and rinsing with salt water can help.

## DIET

- **GOOD HYDRATION IS VITAL TO A SUCCESSFUL RECOVERY. Use The Elephant Drinking Guide!**
- Drinking plenty of fluids prevents dehydration – the most common cause of post-operative ER visits.
- Start with clear liquids, such as apple juice, popsicles and water. Then, advance to soft foods such as scrambled eggs, mashed potatoes, ice cream, milkshakes, applesauce, soft noodles and cool soups. Avoid crunchy, sharp, hot, spicy and citrus foods for two weeks.

## PAIN

- Pain is different for each child and can vary from day to day.
- Intermittent nausea and vomiting for 24 hours after surgery and while your child is taking prescription pain medication is COMMON.
- Taking prescribed pain medication around the clock for the first two days is recommended. Set an alarm clock throughout the night so that pain does not get out of control by morning. Give medications with food to prevent nausea, and you may give your child an OTC stool softener to prevent constipation.
- May CHANGE to liquid Tylenol after a few days if doing well.
- **DO NOT GIVE BOTH HYCET AND TYLENOL (Hycet already contains Tylenol).**
- Avoid Ibuprofen (Motrin and Advil) due to the increased risk of bleeding.
- Children should never be given Aspirin due to the risk of Reyes syndrome.
- Lightweight ice packs placed on their throat/neck and using a cool-mist humidifier can be helpful.

YOUR CHILD'S NEXT DOSE OF \_\_\_\_\_ CAN BE GIVEN AT \_\_\_\_\_ TODAY.

## BLEEDING

- Blood-tinged secretions are expected.
- Profuse bright red blood through the nose and/or mouth is not normal. Call 911 or take your child to the nearest ER.
- If your child experiences a small amount of bright red bleeding, drink ice water and call the office.
- Encourage your child to spit out any secretions they feel in the back of their throat. Swallowing these secretions leads to nausea and vomiting.
- White scabs will form over the back of the throat; this is a normal part of the healing process.

## When to CALL YOUR DOCTOR (CALL 208-367-3320 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Signs of dehydration such as dry lips and infrequent urination.
- Pain that is not controlled by your prescription pain medication.
- Persistent nausea and vomiting lasting more than 24 hours.

































































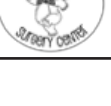
# When to take your child to the EMERGENCY ROOM

- If your child has difficulty breathing.
- Uncontrollable bright red bleeding, coughing or vomiting up large amounts of blood.
- If you are unable to reach your physician and need help.

## “AN ELEPHANT NEVER FORGETS” TO DRINK!



**= 8 OUNCES OF FLUID**

Surgery Day	Lots of rest today. You were given IV fluids to jumpstart your hydration.				
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Return this sheet completed to the Surgery Center for your HYDRATION REWARD!