

# Tonsillectomy +/- adenoidectomy

## Useful guidelines for your child's recovery at home

### Diet and fluids

- For the first few days your child may be reluctant to eat and drink due to pain or discomfort. It is important to continue with regular pain relief medication half an hour before meals.
- Soft, easily swallowed foods are recommended following surgery. Your child can gradually build up to their normal diet.
- Most importantly, encourage plenty of fluids
- Most foods are permissible, however avoid foods that are too hot, hard, spicy or acidic

### Activity

- It is important that your child gets plenty of rest and quiet time as they recover. They should remain at home, mainly resting, for the next week, if possible. During the second week they can start gentle activity.
- Your child should avoid strenuous activity or exercise until after the surgeon's review as it takes three weeks before healing is complete.

### Bleeding

Bleeding may occur after surgery. Bleeding can be evidenced as excessive swallowing by your child or fresh blood in vomit. Some spot bleeding is normal, however if it persists (to a teaspoonful or more, take them to the nearest emergency department – preferably Monash Children's or the Royal Children's Hospital.

### Hygiene

Your child should continue to brush their teeth as normal.

### Discomfort

- Your child may experience pain in the ears. This is a referred pain from the throat and may be relieved with paracetamol.
- It is common for children to feel an increase in discomfort five to seven days after the operation. Continue with pain relief as directed.

### Medications

- If your surgeon has prescribed antibiotics, take them as directed. Your child should not stop taking them just because they feel better. It is important that they take the full course of antibiotics.
- You can give your child paracetamol half an hour before meals and at bed time. Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Ibuprofen is usually avoided post-operatively, however be directed by your surgeon
- Do not give aspirin
- If your surgeon has prescribed any other medication, administer as directed

### Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

### When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Severe pain unrelieved by regular pain relief

### It is important to go to the nearest emergency department if your child has:

- Bled a teaspoonful or more of fresh blood

### A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

### Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.