

## Surgery Center of Pinehurst

### Home Instructions for Children Tonsillectomy and Adenoidectomy

1. Your child will experience a sore throat for 1-2 weeks following surgery. The most important thing you will need to do is encourage your child to drink fluids. It does not matter if the fluids are cold or hot. Your child should drink at least one ounce every hour-preferably more. You do not have to get your child up during the night to drink, but if your child wakes during the night, give him something to drink.
2. Your child can go a week without eating. **Drinking is more important!** A good rule of thumb regarding food is nothing harder than scrambled eggs for the first week after surgery such as jello, puddings, ice cream, mashed potatoes, soups, etc. **Do not** give your child foods which might scratch the back of the throat such as chips, Doritos, nachos, etc.
3. Your child might lose weight after the surgery. Once the throat is healed, he will probably gain the weight back.
4. Your child will experience an excessive amount of mucous in the back of his throat for the first week after surgery. This is normal and is a result of not swallowing as often as normal because of the soreness of the throat. Encourage fluids
5. You may need to elevate the head of your child's bed for the first week after surgery. This prevents the mucous from pooling in the back of the throat and it will help your child breathe easier. You may use a vaporizer or humidifier by the bedside.
6. Your child may also experience a foul odor from his/her mouth or nose for 1-2 weeks after surgery. Maintain good mouth care for your child during this time.
7. **Do not** allow your child to overexert for the first week after surgery. **Do not** allow your child to run outside and get hot and sweaty. **Your child will need to be out of school for at least one week following surgery.**
8. **Do not** give your child aspirin or aspirin-containing products after surgery. Give the pain medication prescribed by your doctor. Pain medication can cause constipation. If this occurs, you may give your child Senokot for children. This is sold over the counter. **Do not give medication on an empty stomach.**
9. Give your child the prescribed antibiotic until it is completely gone.
10. You may notice slight blood-tinged mucous for the first few days after surgery. If your child begins spitting up bright red blood, more than 1 tablespoon every hour, take the child to First Health Moore Regional Hospital Emergency Room.
11. Your child may complain of ear pain. This is called "referred pain" from having the tonsils removed. Again, continue to force fluids and give pain medication.
12. Your child will probably experience a slight fever for the first few days following surgery. You may give Tylenol as needed for a fever. If your child develops a temperature of 101 degrees or higher and you cannot relieve it with Tylenol, notify your physician.

**If you have questions or concerns, do not hesitate to contact our office.** Office hours are Monday through Friday, 9a.m. until 4 p.m. If you have questions after 5 p.m. or on the weekend, call First Health Moore Regional Hospital at 910-715-1000 and ask for the ENT physician on call.

**Dr. Matthew Grafenberg: 910-235-2706**  
**Dr. Carl Berk: 910-295-0219**  
**Dr. Justin Miller: 910-235-4677**

**Dr. James Kilpatrick: 910-295-0216**  
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