



ALASKA FACIAL PLASTIC SURGERY & ENT
CHRISTINA MAGILL MD

3719 E. Meridian Loop, Suite E, Wasilla, AK 99654 P: 907-671-6017 F: 907-631-0766

TONSILLECTOMY and/or ADENOIDECTOMY-Child

PREPARING FOR SURGERY:

- If your child gets a chest cold or fever during the 5 days before the surgery, please call the office at 907-671-6017 Your doctor may need to reschedule surgery for your child's safety.

WHAT TO EXPECT AFTER SURGERY:

- When your child wakes up he/she may be upset, confused, nauseated, or dizzy from the anesthesia.
- A low-grade fever of 99-100.2 degrees F is common for the first 24 hours. If your child's fever stays over 101.5 degrees for 6-8 hours, call the office at 907-671-6017.
- Your child may experience some pain or discomfort after surgery, usually a sore throat, earache, stiff neck, headache, bad breath, and not being able to taste or smell things very well, may occur. An earache does not mean that your child's ear is infected. Sometimes pain from the throat is felt in the ear and may even be more severe in the ear. These symptoms are due to the tenderness at the operative site. Secondarily, the swelling puts pressure on the nerves in the area, making the pain radiate to other areas of the head and neck, especially to the ears. Gum chewing is recommended to help alleviate the throat and ear pain, as well as the bad breath. Chewing gum may actually speed healing by promoting chewing, swallowing and formation of saliva.
- All these symptoms should subside over the next few weeks. Symptoms may return 5-7 days later when the scabs start to slough off. After 2-3 weeks, generally all symptoms should resolve for most everyone.

PAIN CONTROL:

- Pain or discomfort will be controlled with pain medication which is frequently Tylenol with/without codeine depending on the patient's age. Do not use any aspirin, because it can increase the risk of bleeding.

DIET:

- When your child is awake, encourage him or her to drink 1 to 2 ounces every hour (2 ounces = ¼ cup). Give your child clear cool liquids for the first 24 hours. Some suggestions are apple juice, Jell-O, or popsicles.
- It is extremely important to drink adequate amounts of fluids during the recovery period. It is essential to avoid dehydration which may exacerbate pain. Dehydration is noted by decreasing or absent of urine output. If urine output begins to decrease, fluids must be pushed in order to prevent further dehydration.
- If adenoids were removed, thin liquids may go up the throat to the nose. If this is an issue, have them try eating popsicles or sipping liquids through a straw.
- Avoid hot liquids, spicy foods and citrus drinks. No peanuts, popcorn or potato chips. Also, wait for 24 hours before giving your child milk or milk products.
- Your child may start to eat some soft or firm foods after the first 24 hours. Some suggestions are popsicles, ice cream, french toast, oatmeal, macaroni & cheese, mashed potatoes and soups.

- Almost everyone, including relatively slender patients, lose several pounds in the first 10 days after surgery. Virtually all regain the weight when the pain associated with swallowing resolves in (5-10 days). Adequate liquid intake speeds recovery.

ACTIVITY:

- Rest is very important for the first several days. Naps and relaxing activities are encouraged. Each child will recover from surgery at his or her own rate. Most children miss 5-10 days of school or daycare. Children are usually the best judges of how well they feel. Quiet activities around the house are best for the first few days. He or She will need to refrain from very active play for about 5 days after surgery. You will probably need to plan for your child to stay home for 5 to 10 days after surgery. He or she may return to physical activities when they return to school/daycare.

OTHER CHANGES YOU MAY NOTICE:

- After the adenoids are removed, your child may have a small amount of reddish drainage from his or her nose. Call the office right away if there is a constant drip of blood or bright red drainage.
- Your child's tongue or palate may become swollen. This normally goes away in about 1 week.
- Your child's throat may have white or grey-white patches for awhile. These are normal and will disappear once the throat has healed.
- You may also notice a change in your child's voice or snoring. In a few weeks these will improve.
- Scabs will form in your child's throat 5 to 7 days after surgery. They will fall off 7-10 days after surgery. While they are falling off, you may see small amounts of chocolate-colored mucus. If there is bleeding remember to stay calm, sit down and you may try gargling repeatedly with cold water. The bleeding should stop in 15-30 minutes. If it should continue call the office immediately, if **severe call 911** or go to your closest emergency room.
- Your child needs to return to see the doctor 3-4 weeks after surgery.

WHEN TO CALL THE DOCTOR:

- If your child has a fever over 101.5 degrees F for 6 to 8 hours during the first week after surgery.
- If your child has extreme pain.
- If any bleeding occurs or your child vomits significant amount of blood.
- If your child vomits more than 4 times during the first day (24 hours).
- If your child does not drink anything for over 24 hours and he/she becomes lethargic.

If you have questions or concerns following your surgery please call our office at **907-671-6017** (after hours, ask for ENT doctor on call) or call **911** for emergency.