



## The Emily Center

### **Tonsils and Adenoids: Home Care After Tonsillectomy and Adenoidectomy**

**Procedure/Treatment/Home Care**  
Si usted desea esta información en español,  
por favor pídasela a su enfermero o doctor.

**#387**

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Tonsils and Adenoids

## Home Care After Tonsillectomy and Adenoidectomy

**Tonsils** are glands on the sides of the throat. **Adenoids** are pads of tissue behind the nose in the throat. Both trap germs that enter the throat and help fight infections. Sometimes they get infected, or swell. If this happens often, or the child has trouble breathing, they may need to be taken out. When tonsils are removed, it is called a **tonsillectomy**. When adenoids are removed, it is called an **adenoidectomy**.

Children who have their tonsils and adenoids taken out do not get more infections than children who don't have them taken out. The body has many different ways to fight infection, and tonsils and adenoids are just two of them.

## What to do after surgery:

### Activity

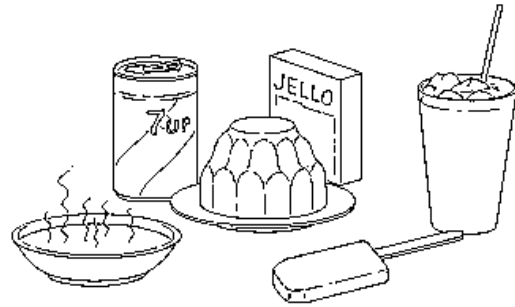
- Your child should stay in bed the day of surgery.
- Your child can go back to school one week after surgery. Your child should not play actively, or go to gym class (physical education or PE) until 2 weeks after surgery.

## Feeling Sick

- Your child may feel sick to the stomach (nausea) or throw up (vomit) after the surgery. This is normal. If your child is still throwing up 6 hours after the surgery, call your doctor.

## Diet

- When your child is awake enough to swallow well, your child should drink plenty of clear fluids for the first 24 hours. The throat will get better faster if your child swallows often. Have your child sip liquid often. Clear fluids include water, Pedialyte, ice pops, sorbet, and clear apple or grape juice. You may give soda pop that has been left open, so it has no more bubbles.



**Clear fluids include water, Pedialyte, ice pops, sorbet, and clear apple or grape juice.**

- If your child feels sick to the stomach, just give your child fluids.
- When your child is feeling well enough to eat, you may give soft foods like soup, eggs, bananas, applesauce, potatoes, pudding or ice cream.
- Ask the doctor when your child can eat a normal diet again.

## Medicine

- Fill the prescription for antibiotics, and start giving them to your child right away. This will prevent infection after the surgery. Give your child all the medicine until it is gone. Do not stop giving the medicine when your child feels better. Do not save any medicine to use another time.

## Pain

- Ask your nurse or doctor what medicine to give your child for pain.

- Do not give your child aspirin.
- Ask the doctor if you can give your child ibuprofen (Advil or Motrin).
- You may put a cold, wet cloth on your child's neck for 15 minutes.
- Your child will feel better if he or she does not cough or clear the throat while healing.
- Your child may have ear pain for up to 2 weeks after the surgery. This is normal. This is pain from the surgery site that is felt up in the ear.

## **What you see**

- If you look inside your child's throat, you may see a white or yellow crust where the tonsils used to be. This is normal.

## **Bad Breath**

- Most children have bad breath right after this surgery. This will go away quicker if your child drinks more fluids.

## **Fever**

- Your child may have a fever up to 101° F for a few days after the surgery. This is normal. If your child has a fever over 102° F, call your doctor.

## **Bleeding**

- There should be no bleeding from the nose or mouth. If you see any bright red blood, or large amounts of dark brown blood, sit your child up and call your doctor right away. If you cannot talk to the doctor right away, bring your child to the hospital emergency room.

## Follow-up Appointment

- The doctor should see your child after the surgery.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## Now that you've read this:

- Tell your nurse or doctor what medicine you will give your child, and when.  
(Check when done.)
- Tell your nurse or doctor when you will call the doctor. (Check when done.)

Other handouts you may ask your nurse or doctor for:

- Home Care After Sedation #43
- How to Take Your Child's Temperature #533
- About Pain #472



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

### Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital:  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
[www.phoenixchildrenshospital.com](http://www.phoenixchildrenshospital.com)

Tuesday, January 30, 2007 • DRAFT to family review  
#387 • Written by Jeffrey M. Taffet, MD and Adrian Arya, MD • Illustrated by Dennis Swain



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Name of Health Care Provider: \_\_\_\_\_ Number: 387  
For office use: Date returned: \_\_\_\_\_  db  nb

## Family Review of Handout

**Health care providers:** Please teach families with this handout.

**Families:** Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes  No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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**Thank you for helping us!**