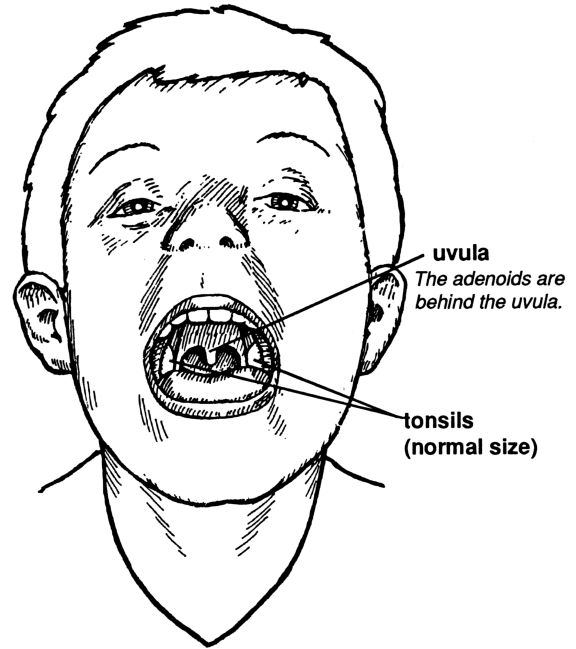
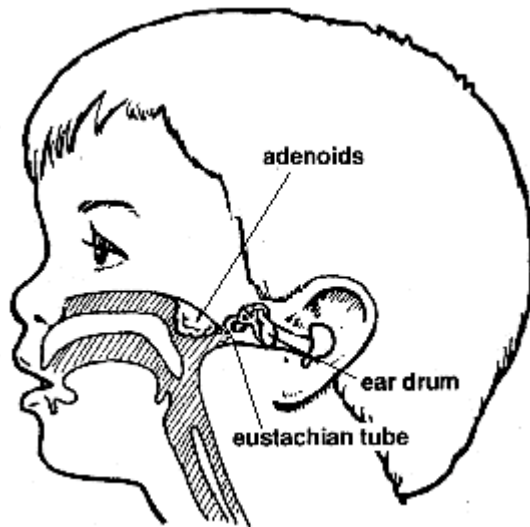


# TONSILLECTOMY AND ADENOIDECTOMY



The doctor has recommended that your child have surgery for removing his or her tonsils and adenoids. The tonsils are on each side of the throat and can be seen through the mouth. The tonsils act as a filter to protect the body from bacteria. Sometimes, though, the tonsils themselves become a source for infections. Also, enlarged tonsils may cause breathing problems. The adenoids are like the tonsils, but you cannot see them. After your child's tonsils and adenoids are removed, you will probably find that your child will not be sick as often as before.

## PREPARING FOR SURGERY

If your child gets a chest cold or fever during the 5 days before the surgery, please call the otolaryngologist (ENT doctor). A cold may increase the risk from anesthesia so your doctor may need to reschedule the surgery.

## WHAT HAPPENS DURING SURGERY

Your child will be under general anesthesia for this surgery. The surgeon will remove the tonsils and adenoids through your child's mouth. You will not see any scars. Your child will look the same after surgery.

## WHAT TO EXPECT AFTER SURGERY

How will my child feel after surgery?

When your child wakes up, he or she will not feel good. Your child may be upset, confused, nauseated, or dizzy from the anesthesia.

Will my child be in any pain?

Your child will experience some pain or discomfort after surgery. Usually he or she will have a sore throat or an earache. 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. This is called "referred pain." The nurse in the recovery room will give you some prescription medicine for pain. Do not use any aspirin, because aspirin can increase the risk of bleeding. Even if your child is not complaining, acetaminophen (the medicine in Tylenol) every 4 hours or ibuprofen (the medicine in Motrin) every 6 hours may make it easier to swallow. You can continue this for the 5 days after surgery. This may increase your child's willingness to eat and drink. Proper fluid intake is very important. Antibiotics are usually prescribed for 5-10 days: We think they improve and speed the healing process somewhat – but not a huge amount. Therefore, inability to swallow a few doses is not a matter of alarm. If a rash or diarrhea develops, stop the antibiotic. If the pain is extreme, call your otolaryngologist.

What if my child has a fever afterwards?

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 F for 6 – 8 hours, call your child's doctor.

How long will my child be out of school / daycare?

Each child will recover from surgery at his or her own rate. Most children miss 5 – 10 days of school or daycare.

## EATING AND DRINKING

### Fluids

Fluids are very important for your child after surgery. 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. Encourage your child to drink extra liquids for several days. Sometimes, after removal of the adenoids, thin liquids will go up the throat to the nose. If this is a problem, eating popsicles or sipping through a straw may help. Avoid hot liquids, spicy foods and citrus drinks, such as orange juice. They can make your child's throat hurt. Also, wait for 24 hours before giving your child milk or milk products.

### Soft Foods

Your child may start to eat some soft or even firm foods after the first 24 hours. Good food ideas: popsicles, icecream, French toast, oatmeal, macaroni & cheese, mashed potatoes and soups. Chewing gum or bubble-gum may actually speed healing by promoting chewing, swallowing, and formation of saliva. Avoid citrus or acidic juices (such as orange juice) or products – they burn! Almost everyone, even 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 (5 – 10 days). As long as the patient is drinking some type of liquid, even with virtually no solids, he or she will recover. Adequate liquid intake probably speeds recovery.

## ACTIVITY

Children are usually the best judges of how well they feel. Here are some general guidelines:

- Quiet activities around the house are best for the first few days
- Your child will need to refrain from very active play for about five days after surgery.
- When the scabs are forming about 5 to 7 days after surgery, your child may feel more tired or have worse pain.
- Each child will recover at his or her own rate. You will probably need to plan for your child to stay home from school / daycare 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 your otolaryngologist 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 one 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 you see any significant bleeding, call your doctor.

## WHEN TO CALL THE DOCTOR

Call you otolaryngologist (ENT doctor) or pediatrician right away:

- if your child has a fever over 101.5 degrees F for over 6 to 8 hours during the first week after surgery
- if your child has extreme pain
- if any bleeding occurs or your child vomits 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 become lethargic

## RETURN VISIT

Your child needs to return to see the doctor 3 to 4 weeks after surgery. Please call to make or change this follow-up appointment.

**PHONE NUMBERS: Shands ENT Office (352) 392-4061; Park Avenue ENT Office (352) 395-6808**