



Patient Information - Discharge Care Tonsils and/or adenoids removed?

For children going home after having tonsils and/or adenoids removed

Your child **must stay within 60 minutes of Hospital for fourteen (14) days** following surgery due to the risk of bleeding. **Telephone:**

Eating and drinking

- Eating and drinking is very important as it will help clean and heal the throat. There are no restrictions on what children can have, however they often prefer softer foods.
- Give pain relief 30 to 60 minutes before eating to relieve the pain of swallowing.
- Make sure your child drinks plenty of fluids, including juice and cordial, throughout the day for the first few days following surgery. If they are not eating a normal amount this will ensure they are getting some calories for energy.

Nausea and vomiting

- If your child vomits stop giving food for an hour, then give fluids if he or she feels better. If fluids are tolerated, start them on a light diet. If your child continues to vomit, contact your family doctor or the emergency department.

Care

- Sore throat, ear pain, bad breath, voice changes and white patches in the throat can be normal for up to two weeks after tonsils are removed. These things do not mean that there is an infection.
- Check on your child at least twice during the night for the first two nights to see if there is any bleeding or difficulty with breathing. For children under four years, it may be best to sleep in the same room.
- If your child is swallowing a lot this may indicate bleeding. If bleeding occurs take the child to the emergency department.
- After having their adenoids removed, do not let your child sniff or blow their nose for two weeks. It may be up to a month before your child can breathe properly through their nose.

Pain management

- Children may have significant levels of pain and need pain medication for up to two weeks. Their pain may get worse before it gets better, and this is commonly at four to five days after surgery. Signs of pain in young children may be crying more often or refusal to eat or drink.
- Paracetamol can be given up to four times a day, with at least four hours between doses. It is important to give pain medications **regularly** rather than play catch up with the pain. Do not give any medicine with paracetamol in it more than four times in 24 hours.
- If your child's pain is not controlled using these medications please visit your local doctor who may suggest different medications.

Contact the hospital if your child:

- has any fresh bleeding from the nose or mouth, or in their vomit, or swallows more frequently.
- vomits more than four times after the surgery.
- cannot drink at all.
- has a temperature of 38°C or more.