

# After your child's tonsillectomy...

it's **ok** to have these:

## Snoring

May last 1-2 weeks

## Ear pain

## Sore throat

May last up to 2 wks

## Low grade fever

May last up to 2 wks

## Refusing solid foods for a few days

## Nausea or vomiting

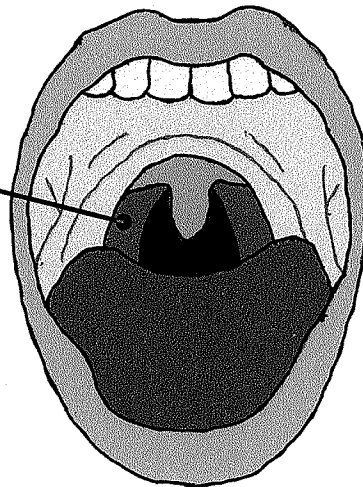
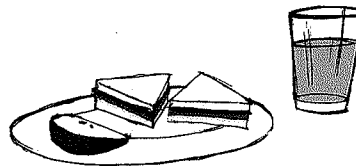
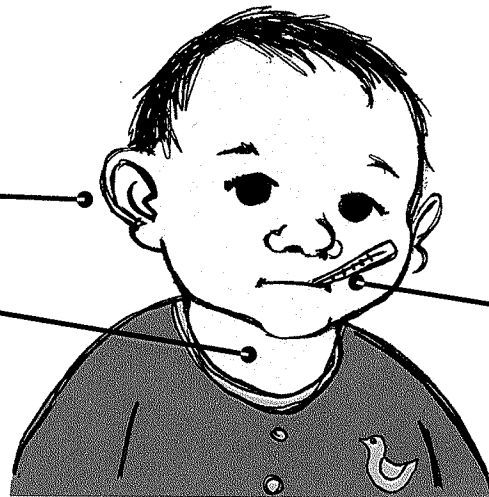
May last up to 24 hours and have  
small amounts of blood

## White throat

May also be pink, brown, or gray

## Change in voice

May sound hoarse, high-pitched, or  
nasal in quality



but **call** about these:

## Severe ear ache

Not reduced by pain medication

## Severe throat pain

Not reduced by pain medication

## High or persistent fever

## Severe stiff neck

## Drinking too little fluids

Less than 4 cups of fluid per day

## Any bleeding

In vomit or from mouth or nose

Go to emergency room immediately

## Bad smell

From throat after 7-10 days

### *About diet & activity:*

- Drink at least four to six 8 oz glasses of fluids per day (exercise drinks, fruit punch, non-citrus fruit juice).
- Add cold, soothing foods such as popsicles, low-fat ice-cream, frozen yoghurt, or gelatin in 1-2 days. As your child feels better, add soft, bland items that are easy to chew and swallow.
- Avoid hot, spicy, hard, or sharp foods.
- Your child should get out of bed frequently and return to normal activity as soon as possible. However, avoid contact sports or heavy exertion for two weeks.

### *Dealing with pain:*

- Eating and drinking help reduce pain. Chewing gum may also help by exercising jaw muscles and lubricating the throat with saliva.
- Distraction through games, activities, and new toys may also help decrease discomfort.
- Acetaminophen (Tylenol) can be used as often as prescribed, but ibuprofen products (Motrin, Advil) and aspirin should be avoided because they increase the chance of bleeding.

### *Your child's throat will look pink, gray, or white while it heals.*

- There may be some scarring or scabbing. This is normal and your child's throat will return to normal over time.
- There may be a small amount of blood in the mouth or nose on the first day.

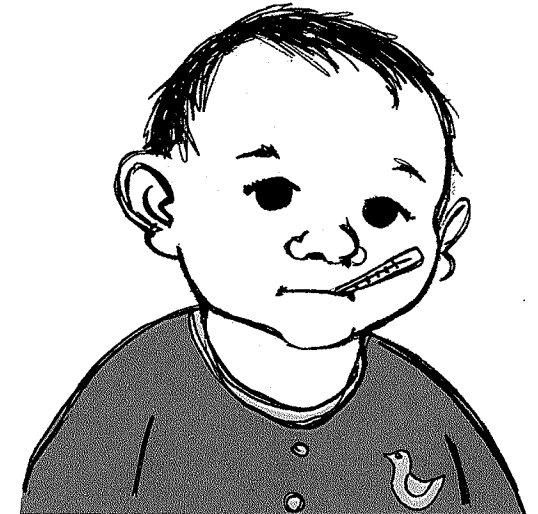
*If you have any questions or concerns, please feel free to contact us.*

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For the office call in line weekdays  
Between 8:00 am and 4:00 pm, call  
617-383-6800

After 4:00 pm on weekdays or all  
Day on weekends, call  
617-383-6800 and follow instructions  
To be connected to ENT physician on call

So your child just had  
a tonsillectomy...



*Here are some important  
things to know*