

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

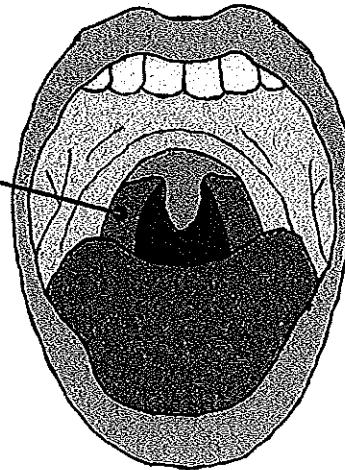
May last up to 24 hours and have
small amounts of blood

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*