Instructions After Removal of Tonsils and Adenoids

General Instructions:

• After a tonsillectomy, it is very important to eat only soft, cold food in order not to injure the throat.

• Soft white tissue forms at the surgery site. This is a normal occurrence, part of the healing process, and is not an indication of infection or inflammation.

• There is throat pain, ear pain, difficulty in swallowing and possible voice changes during the first week post-surgery.

• A temperature of more than 38.5°C is possible during the first days following the operation. In the event that the fever continues for more than several hours or if your child refuses to drink, go to your treating physician or the Hadassah Ein Kerem Emergency Room.

• You should take any instance of bleeding from the mouth very seriously and go immediately to the Hadassah Ein Kerem Emergency Room.

• Follow-up appointment with the surgeon: Ten days to two weeks after the surgery (written in discharge letter).

Read and comply with these instructions.

Hang this flyer on your refrigerator!

Center for Clinical Quality & Safety

Department of Pediatric Surgery: ENT
The First Day After the Surgery

Pain Killers: The nurse will provide pain killers every 4-6 hours even if your child doesn’t complain about pain (to ensure that your child eats and drinks).

Antibiotics: Your child will receive intravenous antibiotics through his IV infusion and then orally.

Liquids: Drinking is permitted after your child returns to the ward from the recovery room. Liquids are important even in small amounts. Cold drinks are recommended. Ice cream, puddings and popsicles are permitted. Children over four years of age can also suck on ice cubes. Carbonated drinks and citrus juices, such as orange juice, are not recommended but clear apple juice and grape juice are allowed.

Rest: Strenuous physical activity is forbidden.
After Discharge From the Hospital: 
The First Week After the Surgery

**Food:** Only soft, cold foods that won’t injure or stick to the throat are permitted. Mashed food of any type, clear lukewarm broth, ice cream, popsicles, shakes, hard-boiled mashed eggs, rice, noodles, ground meat, ground boiled chicken, soft crustless bread are all allowed.

Lots of liquid and soft, cold food lessen pain and reduce the chance of bleeding.

**Hard foods are forbidden!!** Bisssle, Apropos, bread crusts, nuts, seeds, cookies, carrots are not permitted. Soft foods such as Bamba stick to the surgical site and cause discomfort.

**Pain Killers:** Acamol syrup or optalgin, or a combination of the two, every six hours “on the clock” for 3-4 days. Afterwards, give pain killers according to need. In the event that your child underwent a removal and not just a reduction: It is forbidden to use pain killers from the NSAIDs family such as Nurofen, Advil.

**Rest and Physical Activity:** Your child should rest at home under adult supervision. Physical activity, exposure to the sun, pool or ocean swimming is forbidden. You can shower your child with lukewarm water.

**The 10th Rule:** A child under 10 years of age should sleep with his parents for the first 10 days after surgery.
One to Two Weeks After the Surgery

Rest and Physical Activity: You can send your child to nursery school or school. He/she should refrain from physical activity.

Eat only soft, cold food: Comply until the next visit to the surgeon. Inform your child’s nursery school or school teacher.

IMPORTANT!!!

Bleeding can appear up to two weeks after the surgery! Go immediately to the Hadassah Ein Kerem Emergency Room.

During the day, when traffic problems are expected:
Don’t go by private vehicle.

During the night, you can take a taxi or go by private vehicle:
Don’t wait for an ambulance.

In no instance should you call your family physician! Don’t got to “Terem”! Don’t go to Hadassah Mount Scopus! GO TO EIN KEREM! You will receive immediate treatment by an Ear, Nose and Throat specialist.

Our best wishes for a speedy recovery!