



## TONSILLECTOMY (CHILD) INSTRUCTIONS

### Pre-Operative:

1. Do not use Aspirin, Motrin, Advil, any anti-inflammatory medication, Gingko Biloba or Vitamin E for two weeks prior to surgery and two weeks following the procedure. (Tylenol is fine)
2. Clear fluids only are permitted up to 4 hours prior to surgery (i.e. apple juice, water, cranberry juice) **NO MILK OR SOLID FOODS AFTER MIDNIGHT THE NIGHT PRIOR TO THE PROCEDURE.** When you receive your arrival time from the office, the time your child must stop drinking fluids will be confirmed.
3. If your child is on Coumadin or other blood thinners, please contact your surgeon 2-3 weeks prior to the OR date for instructions
4. If your child has mitral regurgitation and requires antibiotics prior to dental procedures, please contact your surgeon 2-3 weeks prior to the OR date for instructions.

### Post-operative:

1. Your child will be discharged home on the same day as the procedure unless otherwise advised by your surgeon. It is required that your child remain in the hospital for approximately 6 hours after the procedure.
2. You will be given a prescription for antibiotics and/or pain relief (take as prescribed). The prescription for Celebrex should be filled prior to surgery and taken to the hospital on the day of your child's procedure. Please follow dosage instructions. Inform your surgeon if your child is allergic to any medications.
3. Must not attend school or daycare for two weeks.
4. Avoid sports for approximately 2 weeks.
5. Avoid hot foods (temperature and spicy) for approximately two weeks.
6. Avoid exposure to smoke for at least 2 weeks.
7. Drink plenty of fluids. **STRAWS SHOULD NOT BE USED.**
8. Avoid acidic liquids or hard, crunchy foods for 10 days.
9. Do not worry if your child is not eating, as long as he/she is able to drink and stay hydrated for the first three days – then try to add soft foods such as milkshakes, Boost or oatmeal.
10. Hydration is OK if your child is urinating at normal volume and is clear.
11. A white covering over the tonsillar fossa is a normal pattern for healing.
12. Ear pain may be present after surgery.
13. Pain control is important to maintain hydration – use recommended medication every 3-4 hours for the first 48-72 hours, then use as needed.
14. Tonsillectomies are painful. It is not unusual to feel worse at days 4-7 post-op. This will improve but will be sore for at least 10 days.

**GO TO NEAREST EMERGENCY ROOM IF:** Spitting up bright red blood or clots greater than 2 teaspoons.

**Contact your doctor or go to your local Emergency Room (within first two weeks of surgery) if:**

Your child is unable to drink and has stopped urinating, or if urine is a very low concentrated volume.

Your child develops a rash.