

# TONSILLECTOMY & ADENOIDECTOMY

## DAY BY DAY HELPFUL HINTS

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**404-255-2033**

- Day 1**
- ◇ Recommend pain medicine every 3-4 hours around the clock.
  - ◇ Tylenol suppositories are an alternative for pain control if your child is vomiting or refusing to take medication orally.
  - ◇ Drinking fluids is more important than eating solid foods. Please refer to post-op T&A teaching packet for fluid guidelines based on your child's weight.
- Day 2**
- ◇ Continue pain medication.
  - ◇ Frequently offer liquids to drink.
  - ◇ An increase in mucus is common. Over-the-counter nasal saline spray or drops can be used to help loosen the mucus.
  - ◇ Try to avoid blowing the nose. If needed, try using a bulb syringe to gently remove secretions.
- Day 3**
- ◇ Continue pain medication.
  - ◇ Continue to encourage your child to drink liquids.
  - ◇ You may notice your child has bad breath; this is normal and temporary.
  - ◇ With a change in your child's diet, and/or if your child was prescribed Hydrocodone/acetaminophen, constipation may occur. Try to increase amount of drinking.
- Day 4**
- ◇ Continue pain medication as needed.
  - ◇ Begin to promote chewing - try gummy bears or other chewy (and age-appropriate) candy (Remember, this will likely hurt when just beginning to chew).
  - ◇ Continue to encourage your child to drink liquids.
- Days 5-8**
- ◇ Days 5-8 are the hardest because the scabs or "white patches" at the back of throat will begin to fall off, which can cause an increase in pain, so continue pain medication regimen.
  - ◇ Continue to encourage drinking liquids.
  - ◇ Notify our office immediately if you see any bright red bleeding from the mouth.
- Day 9**
- ◇ Continue pain medication as needed.
  - ◇ Continue drinking liquids and introducing more solid foods (avoiding foods with crispy edges).
- Day 10**
- ◇ By now the white patches should be improving and your child's pain is likely to begin to decrease.
  - ◇ Your child may resume normal physical activity two weeks after their surgery.

**Please call our office at 404-255-2033 if you have any questions or concerns.**

