

**Removal of Tonsils and Adenoids
Patient Information**

Your child is soon to undergo one of the most common pediatric surgical procedures, removal of the tonsils and adenoids. Your doctor has performed thousands of these procedures with consistently good outcome and with significant benefit to the patient. It is our hope that this information will assist you in planning your child's surgery and will answer the most commonly asked questions. Please read this information carefully and feel free to contact our office with any questions or concerns: **713/796-2001**.

- ❖ **Your child's surgery will take place at:** _____
on: _____.
- You will be asked to arrive at the hospital 1 ½ to 2 hours before your scheduled surgery time.
- Please call _____ on _____ to obtain surgery time and additional instructions.

- ❖ **During the two-week period preceding and for two weeks following your child's surgery: DO NOT ADMINISTER ANY ASPIRIN OR PRODUCTS CONTAINING NON-STEROIDAL ANTI-INFLAMMATORY INGREDIENTS, e.g., Advil™, Motrin™, etc.** Please notify our office if your child becomes ill prior to surgery. Conditions such as a fever of 101.5° or above that persists for several days, the onset of chicken pox*, or a severe respiratory problem may be reasons to postpone or reschedule your child's surgery. *(When a child's surgery is cancelled due to chicken pox, the general rule is that he/she may not have surgery for 2-3 weeks following the initial outbreak).

- ❖ If it would help you or your child, you can schedule a tour of Texas Children's Hospital by calling 832/826-1650.

- ❖ **The morning of surgery:**
 - **Your child may have clear liquids until FOUR hours before surgery. Infants may be given breast milk until FOUR hours before surgery - NO formula, milk or solids should be given after midnight.** Children scheduled for elective surgery in the midday or early afternoon SHOULD NOT have breakfast on the morning of surgery.
 - When you arrive, there will be some paperwork to complete, a physical assessment of your child will be done, and you will speak with your doctor and the anesthesiologist.
 - At the time of surgery, general (inhaled) anesthesia is administered and, once the child is asleep, an intravenous line and a breathing tube will be placed.
 - Surgery lasts about one hour.

- ❖ **Immediately following surgery:**
 - After surgery, your child will go to a recovery unit for approximately 2 hours. You will be allowed to join your child and remain at the bedside until he/she is discharged from the hospital. Once it is determined that your child can safely go home, you will be discharged.

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While some children appear to be unaffected following administration of general anesthesia, it is not uncommon for patients to be sleepy, irritable, and nauseated or for the child's face to appear flushed. These side effects are temporary and your child should be feeling normal within a few hours.

- Most children will take small sips of liquids until fully awake and any nausea has passed - at this point they can resume a normal diet.

❖ **Home Care:**

- Once home, it is very important to have your child drink as much clear fluid as possible. Consumption of clear fluids promotes healing and reduces discomfort by lubricating the site of tonsils removal.
- A soft and bland diet is recommended for about 7-10 days, or until the scabs that have formed over the surgical site of tonsils removal have fallen off and the area is well healed. Stay away from sharp-edged and crunchy foods (e.g., chips, popcorn, dry cereal). Also avoid spicy foods or citrus products (e.g., salsa, orange juice, lemonade).
- Although rarely experienced, bleeding may occur following tonsils removal. If your child spits up blood, give him/her ice water to drink. If there is still bleeding within 3 minutes, notify your doctor. Swallowed blood can make your child feel nauseated. If your child begins throwing up and there is blood in the vomit, notify your doctor as well.
- It is normal for your child to have a very sore throat and sometimes ear pain after the tonsils are removed. This can last anywhere from 5 days to 2 weeks. When the adenoids are removed with the tonsils, some children experience bad breath, and a congested nose until the healing process is complete. If your child is uncomfortable, you may administer Tylenol™ or the pain medication prescribed by your physician.
- Use only Tylenol™-based products for discomfort and fever. Do not use medications containing aspirin or aspirin-like ingredients such as Motrin® or Advil®.
- Children may experience a fever of up to 100 degrees. A slight fever is a normal response and you may give your child Tylenol.™ A persistent fever of 101.5° or higher, that does not respond to Tylenol™ should be reported to our office.
- Depending upon the doctor's observations at the time of surgery, your child may also be placed on an oral antibiotic. It is important to follow the label instructions and to complete the entire course of the antibiotic.

❖ **Postoperative Information:**

- Depending upon the procedures performed, your child may need to return to the doctor for a postoperative follow-up visit 3-4 weeks after surgery. If you have been told that a postoperative visit is required, please be sure to call the office for an appointment immediately after surgery.
- Most children can return to school or daycare after one week of resting at home. Physical activities, exercise, and swimming may be resumed two weeks after the day of surgery.

Please do not hesitate to call our office with any questions or concerns: 713/796-2001

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