

SIDE EFFECTS CONTINUED

- You may see a white coating around your child's tonsil area. This is normal. Do not be concerned.
- Your child's voice may sound different. His/her voice will start to go back to normal within two weeks.
- If your child's breathing was noisy before surgery, it may take a couple of weeks for this to disappear.

Important

If your child shows signs of:

- difficulty breathing,
- a barking sounding cough,
- congestion,
- excessive drooling, and
- an inability to swallow

**Bring your child to the nearest
Emergency Department.**

Your child's next dose of Tylenol is:

Your child's next dose of Morphine is:

Your child's next dose of Advil is:



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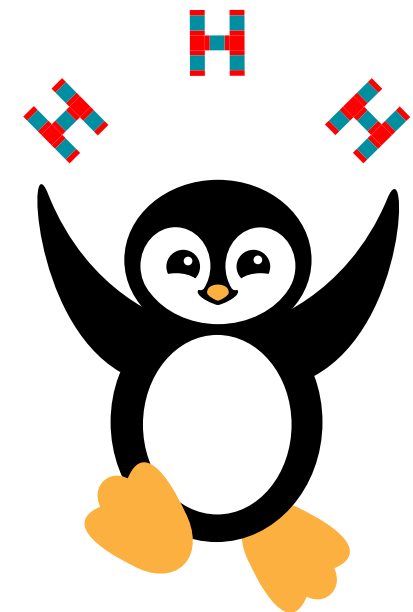
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Caring for your child after a Tonsillectomy and/or Adenoidectomy



North York General Hospital
4001 Leslie Street
Toronto, ON M2K 1E1
T 416.756.6000
F 416.756.6743

nygh.on.ca

Eating and drinking

IN HOSPITAL:

- While in Day Surgery your child will be given cold liquids (popsicles, juice or water). Once your child is drinking well and there are no signs of bleeding, you may be discharged.
- If your child is admitted to the Child and Teen Unit, they may start to eat soft foods 4 – 6 hours after surgery (soup, ice cream etc.).
- While on the Child and Teen Unit your child will be assessed around the clock for pain management and fluid intake.

AT HOME:

- Encourage liquids. Drinking lots of liquids will keep your child hydrated and minimize their pain.
- **Do not force your child to eat.** It may take several days before your child wants to eat.
- On the **day your child goes home after surgery**, we recommend eating soft foods and warm liquids. If your child is able to they can return to eating their normal diet the **day after surgery**.
- Avoid hot liquids and foods that are red in colour, spicy or dry (ex. crackers and toast).
- Avoid foods that may irritate the throat (ex. orange juice, lemonade, tomatoes etc.).

NAUSEA AND/OR VOMITING

- Both are common in the first 12 hours after general anesthesia.
- Watch for bright red blood in your child's vomit. If this happens go to the nearest Emergency Department.
- Graval suppositories can help if your child's nausea and vomiting persists.

Mouth care

- Gentle brushing of teeth or rinsing of your child's mouth with water should be done three times a day.
- Avoid gargling for 2 weeks after surgery.

BLEEDING

- It is recommended to be within one hour driving distance of a hospital for two weeks after surgery in case of bleeding.
- Don't be concerned if you see a small amount of blood from your child's nose or in their saliva or spit-up.
- If you see large amounts of bright red blood go to the nearest Emergency Department.

ACTIVITY

- Shower or bathe your child as normal.
- Keep your child at home, quiet, and well rested for the first 7 days after their surgery.
- Avoid contact with other children (except brothers and sisters) to prevent the chance of getting an infection.
- Avoid any sports or physical activity for 14 days (ex. swimming, hockey, football, dance, soccer, baseball etc.).
- If your child feels well enough, they can return to school 7 to 10 days after a tonsillectomy, and 4 to 5 days after an adenoidectomy. Some children may require extra time.

FEVER

- Your child may have a mild fever (less than 38.3°C or 101°F) for the first 4 or 5 days. If this happens, give your child Tylenol or Advil.
- Drinking lots of liquids can help a fever go back down to normal.
- If your child has a fever greater than 38.3°C (101°F) for 3 days in a row, visit your family doctor, pediatrician, or nearest walk-in clinic.
- If you are unable to be seen by any of the above, take your child to the nearest Emergency Department.

Pain

- Provide pain medication as prescribed by your physician to ensure your child's pain is under control.
- For some children their pain increases 3 to 9 days after surgery. If this happens use Tylenol or Advil to help ease their pain.
- Morphine may also be prescribed by your doctor. The dose of morphine prescribed for your child is safe.
- Do not give your child pain medication with food because this can prevent the pain medication from working.

Medications and side effects

PAIN MEDICATIONS THAT MAY BE PRESCRIBED BY YOUR DOCTOR INCLUDE:

- Tylenol (acetaminophen)
- Usually has no side effect.
- Advil (ibuprofen)
- May cause nausea, stomach upset, mild heartburn, diarrhea, ringing in the ears and dizziness.
- Morphine
- May cause nausea, vomiting, abdominal pain, loss of appetite, slower breathing and drowsiness.

*Morphine is safe to give to children, even infants.

If your child is experiencing any side effects consult your family doctor, walk-in clinic, or go to your nearest Emergency Department.