

## *Post-Op Instructions*

1. After tonsillectomy, it is normal for your child to have throat pain and pain with swallowing. He or she may use children's Tylenol or ibuprofen for pain. This may be dosed regularly every 4 hours for the first week to help with pain control. In addition, a narcotic pain medicine is available for breakthrough pain. Use this judiciously and ONLY AS INSTRUCTED. It is normal to have significant throat pain that lasts up to 2 weeks.
2. Maintaining good hydration is important but sometimes difficult. As long as your child is drinking enough fluids to make urine at least once a day for the first few days, you can usually avoid having to return to the hospital for IV fluids and/or admission to the hospital. This can almost always be achieved by aggressive and persistent encouragement to drink and eat.
3. There are no dietary restrictions after tonsillectomy. However, cold foods such as ice cream and popsicles and soft foods tend to be easier to eat during the first week. Carbonated beverages and hot foods can be irritating to the throat and hurt, but some children desire these and it is certainly okay to give them because these foods will not cause damage.
4. As much as possible, limit strenuous activity or heavy lifting for 2 weeks.
5. Bleeding from the throat is a risk for up to 2 weeks after removal of the tonsils. The first sign is bright red blood from the mouth or nose. If this occurs, call Dr. Ashford immediately either at the office (706-248-6860) or on the cell phone (706-247-0004). Any bleeding after tonsil surgery in the first few weeks will need to be evaluated immediately.
6. If you have any problems or questions after the tonsil surgery, do not hesitate to contact Dr. Ashford directly.

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