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**POST-OPERATIVE INSTRUCTIONS FOR PEDIATRIC TONSILLECTOMY AND  
ADENOIDECTOMY (AGE 12 AND UNDER)**

1. Use prescription medications as directed. In children, regular doses of pain medication (every 3 to 4 hours while awake) will decrease recovery time and decrease the need for stronger pain medications.
2. The risk of bleeding is less after discharge from the hospital, but may occur 7 to 10 days later during healing. Ice chips or sips of cold fluids will probably stop any mild bleeding. If bleeding does not stop promptly, call the office.
3. White patches will form on the sides of the throat where the tonsils were removed. These are similar to a “scab”, and will slowly be replaced by normal throat lining.
4. Low-grade fever is common (less than 101.5 F orally or 102.5 F rectally). It is usually due to poor fluid intake. If it persists greater than 48 hours or more severe, call the office.
5. Ear pain in children is common after adenoideotomy and tonsillectomy. It usually does not mean that the ears are infected, and may occur 5 to 10 days after surgery. This represents “referred pain” and is related to healing of the surgical sites. Regular doses of pain medication and sometimes doses of the stronger pain medication are helpful.
6. Exercising the jaw and chewing gum helps swallowing and may shorten recovery time.
7. The following list is a suggested diet schedule. Some patients may progress faster or slower than this schedule:

**Day of surgery and first post-operative day**

- a. Encourage liquids such as popsicles, Kool Aid, Gatorade, clear juices (citrus juices should be avoided), ice cream, ice chips (may be made with Kool Aid), broth, syrup from canned fruit, milk and water.
- b. Bed rest is important.

**Second post-operative day**

- a. Same as first day and...
- b. Applesauce, custards, puddings, soft boiled eggs, soft toast.
- c. Rest most of the day.

**Third post-operative day**

- a. Same as previous days and...
- b. Mashed potatoes, soft vegetables, pureed or blenderized food.
- c. Rest most of the day; may increase activity, although nothing strenuous.

**Fourth post-operative day**

- a. Same as previous days and...
  - b. Gradually add foods to the diet, softer foods at first, which are easily swallowed. Ground, pureed or blenderized foods are acceptable.
8. A post-operative appointment should be made for 10 to 14 days after surgery by calling the office.