

TONSILLECTOMY & ADENOIDECTOMY HELPFUL HINTS



- Day 1**
- ◇ Encourage pain medicine every 4 hrs while awake.
 - ◇ Tylenol suppositories are an alternative to Lortab/Hycet if your child is vomiting.
 - ◇ Drinking fluids is more important than eating solid foods. Please refer to post-op T&A teaching sheet for fluid guidelines based on your child’s weight.
- Day 2**
- ◇ Continue pain medication.
 - ◇ Continue to offer liquids to drink often.
 - ◇ An increase in mucus is common. Saline spray like Ocean nasal spray or Little Noses spray or drops may 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 common.
 - ◇ With a change in your child’s diet, constipation may occur -- and the pain medication (Lortab or Hycet) may contribute to this. Try to increase amount of drinking.
- Day 4**
- ◇ Continue pain medication.
 - ◇ 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.
- Day 5**
- ◇ Remember that days 5-8 are the hardest.
 - ◇ The scabs or “white patches” at back of throat will begin to fall off, possibly causing an increase in pain, so continue pain medication.
- Day 6,7,8,9**
- ◇ Continue pain medication. Continue to encourage drinking liquids.
 - ◇ Notify our office immediately if you see any bright red bleeding from the mouth.
- Day 10**
- ◇ By now the white patches should be better.
 - ◇ Your child may resume normal activity two weeks after their surgery.

PLEASE CALL THE OFFICE AT 404-255-2033 FOR ANY QUESTIONS or CONCERNS