NATIONWIDE CHILDREN'S HOSPITAL™

700 Children's Drive
Columbus, Ohio 43205-2696
nationwidechildrens.org

T & A HOME CARE

A "T & A" means having an operation to remove the tonsils and adenoids.

WHAT TO EXPECT AFTER SURGERY

- Your child may have a sore throat which may last for 7 to 10 days. For some children the sore throat gets worse 5 to 8 days after surgery.
- Drinking lots of liquids (at least ____ glasses per day) and taking the prescribed medicine for pain will help keep your child comfortable. Food will not hurt his throat. He may lose his appetite, but you must make sure he drinks.
- Your child may also complain of pain in his ears. Usually there is nothing wrong with the ears. The pain is from the throat and it is felt in the ears. This pain may become more severe at night and often awakens the child.
- Your child should not blow his or her nose for 1 week.
- You should **not** give your child aspirin, ibuprofen, or products containing aspirin or ibuprofen.
- Your child may have a fever of 100° to 102°F for 1 to 7 days. If it is higher than that, call your doctor.
- Raw, gray areas will appear where the tonsils were removed. Your child may complain of a sore throat when these go away.
- Your child may have bad breath. This is part of the healing process and will not go away with brushing the teeth.
- Sometimes children will bleed from the nose or mouth as late as two weeks after the operation. In some cases, it can be serious.

If bleeding occurs, please call:

❒ ENT Clinic at (614) 722-3150

❒ ENT resident doctor at (614) 722-2000

❒ Dr. _____ at _____

Be prepared to take your child to the nearest emergency room if necessary.

NUTRITION AFTER SURGERY

Your child may eat or drink whatever he wishes. Drinking liquids will help keep his fever down, keep his throat from feeling dry, and help prevent bleeding.

Picture 1 Give plenty of liquids.

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ACTIVITY AFTER SURGERY

- Get your child up and about, and do not keep him from playing. He may play outdoors, but should play quietly for at least a week.
- Your child can get an infection very easily if he is around groups of people, so it is important to avoid crowds.
- Swimming is not allowed for 2 weeks after surgery.
- Your doctor will tell you when your child may return to school. (Usually, it is one week after the surgery.)

PAIN MEDICINE AFTER SURGERY

Doctor's Order

❒ Your child's doctor has recommended acetaminophen. Tylenol, Feverall, and Tempra® are some of the brand names of this medicine. Use this as directed.

❒ Follow the instructions on the label to find the number of tablets or amount of liquid to give your child.

❒ Your child's doctor may have prescribed additional pain mediation or antibiotics. Please use these as directed.

- This medicine should be given every 4 hours while your child is awake for the next 7 to 10 days if your child has pain.
- If your child has severe pain that is not relieved by acetaminophen, call your doctor.
- **Do not give your child ibuprofen, such as Children's Motrin® or Children's Advil, without asking your doctor first.**
- Side effects are rare, but if your child has nausea or vomiting, skin rash or bruises, stop giving this medicine and call your doctor.

SAFETY TIPS AND OTHER ADVICE

- Read the label **each time** before you give your child this medicine.
- Give the exact amount of medicine as ordered by your doctor.
- If the medicine is a liquid, use a pediatric measuring device (available at the pharmacy) to measure the exact dose. Do not measure liquid medicines in kitchen spoons.
- Stay with your child until he or she has swallowed the dose of medicine.
- Do not give more than 5 doses of this medicine in a 24-hour period unless ordered by your doctor.
- Store all medicine out of the reach of children.
- If your child or someone else takes too much of this medicine, first call the Central Ohio Poison Center at 1-800-222-1222 (TDD 614-228-2272). They will tell you what to do.

FOLLOW-UP APPOINTMENT

Call Dr. _____ at (phone)_____ to make a follow-up appointment.

If you have questions or your child has complications, call your child's doctor, Outpatient Surgery at (614) 722-5200, Surgery Center at (614) 722-2920 or, in an emergency, call the Hospital operator at (614) 722-2000 and ask for the surgeon on call for your doctor.