



Dr Talmadge – Pediatric Tonsil After Care
Office # 402-397-0670

Pain

Pain is often worse at night and in the mornings. Pain usually peaks around 6-8 days after surgery. Ear pain is also common (this is nerve pain from the tonsil region and is NOT from an ear infection). A bag of ice or frozen veggies can be placed on the neck for 15-20 minute intervals per hour.

*Alternate Tylenol (acetaminophen) and Motrin (ibuprofen) every 3 hours while awake. During the first 3 days I recommend waking your child up from sleep to give doses around the clock.

Hydration

It is very important that your child drinks plenty of fluids to prevent dehydration. Signs of dehydration include fever and dark urine. Ideas include water, Gatorade, Pedialyte, apple juice, popsicles, slushies, and milkshakes. Avoid citrus such as orange juice which may sting/burn.

Eating

Most people don't feel like eating for the first few days. Some experience weight loss after tonsillectomy. As your child's appetite improves, let their taste guide what they eat. Most foods are fine except those that can burn (spicy or citrus) or scratch (chips, toast, pretzels).

Activity

No vigorous physical activity (gym, swimming, running, sports) for 14 days after surgery. Encourage quiet forms of play

Fever

Fever of 100-101 is quite common in the initial week after surgery. Increasing hydration can help.

Uvula Swelling

The uvula may get very swollen. This is a normal reaction to the surgery and subsides in several weeks. In some cases, steroids (prednisone or prednisolone) can be sent in to help reduce swelling.

Bad Breath

This is common and can be severe and may last 7-10 days.

Tongue Numbness/Taste Change

It is not unusual to have mild tongue swelling and/or for the sides and tip of the tongue to feel numb or have a temporary change in taste for a couple weeks.

Bleeding

Around 6-10 days after surgery, the tonsillectomy white scabs come off. Some bloody mucus may result and should stop within 15-20 minutes. Swishing the mouth out with cold ice water may help stop the bleeding (rinse and spit over and over).

Because of the possibility of bleeding, do not leave children home alone in the post-operative period.

If your child is spitting or vomiting up continuous bright red blood, call our office to notify the ENT physician on call and go to your nearest Emergency Room (i.e. Children's Nebraska at 8200 Dodge Street, Omaha, NE 68144). Postoperative bleeding may require a return to the operating room for control.