

VCU Medical Center
Department of Otolaryngology
Discharge Instructions
After Tonsil and Adenoid Surgery
Dr. Kimberly Dodson

A.D. Williams
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Ask to speak to the on call ENT doctor.

Give the pain medicine every 4-6 hours for 2-3 days to help the pain of swallowing. Ear pain may also be experienced and is normal. Continue the pain medicine or use regular Tylenol after 3 days and up to 10 days to help keep your child comfortable with swallowing. Avoid aspirin or ibuprofen products as they may allow bleeding.

Bleeding small spots in the saliva is normal for the first week. Call our office if more bleeding is seen. **Go to the emergency room for severe bleeding or if vomiting clots.**

Insist that your child drink ½ cup cool liquid every hour while awake for the first week to prevent dehydration. Avoid citrus drinks or carbonated beverages. Popsicles and other cool liquids are soothing to your child's throat. You may need to use a syringe to force fluid into the back of the throat if your child refuses to drink.

Watch out for signs of dehydration such as low urine output or dark urine color, listless, or fever over 100.5. Force fluids if you notice these changes.

Dehydration can lead to bleeding where the tonsils and adenoids were taken out. You can help prevent bleeding by forcing fluids and giving pain medicines to keep your child swallowing.

Avoid hard foods such as pizza, toast, chips, and dry cereal for 2 weeks or until the child has been seen by the surgeon and has been cleared to eat them. These hard foods can increase throat pain and may cause bleeding.

Avoid vigorous exercise for 2-3 weeks after surgery. Your child should not attend gym classes or run during recess during that time.

Follow-up with Dr. Dodson in 2-3 weeks for throat evaluation.

Call the ENT office if you have any questions.

Patient/Representative Signature

MD/Nurse Signature

Date