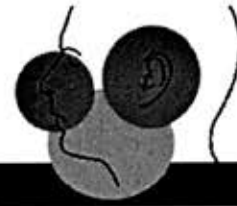




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## Tonsillectomy in Children

Tonsillectomy is one of the most common procedures performed in children. Physicians recommend this procedure for chronic obstructive symptoms (snoring), recurrent infections, chronic tonsillitis, abnormal tonsil enlargement, This procedure is generally safe and is usually done as a day surgery procedure. Tonsillectomy usually takes about 30 minutes to perform, and it is done under general anesthesia (while the child is completely asleep). Sometimes adenoidectomy is also done at the same time, to remove blockage at the back of the nose (this is also done through the mouth). The trip to the hospital usually lasts about half a day, and the overall recovery takes about two to three weeks.

Tonsillectomy causes a sore throat for 7 to 14 days after surgery. Pain medications and antibiotics will be prescribed to help with the recovery. **Ear pain, bad breath, difficulty swallowing, a change in voice, and mild weight loss are some of the expected symptoms after tonsillectomy and will improve with time.** During the first few days after surgery, it is normal to have some blood in the saliva. The risks of the surgery include bleeding (in less than 5% of cases) and the risks of anesthesia (uncommon). An anesthesiologist is in attendance during the entire procedure for monitoring of the child. While precautions are always taken, injury to the lips, teeth, gums, and mouth may sometimes occur. Dehydration may occur easily in children, so fluid intake is very important during the recovery. **We recommend staying in town during the recovery period after surgery (about two weeks).**

- **If there is continuous bright red bleeding, the office should be notified.**
- **Fever** may occur up to 102 F after surgery. The prescribed pain medicine contains Tylenol to help with fever. It is important to encourage liquids to avoid dehydration. If fever persists despite the use of medications, notify the office.
- Sometimes **pain** may persist despite the use of the prescribed medications. Continue encouraging cool liquids to soothe the throat. There may be an increase in pain 4-6 days after surgery, which is a normal process as the surgical site heals. An ice pack to the neck area may be helpful for treating the pain. Also it is **NORMAL** to have "white- gray patches" at the back of the throat for 2 weeks, this is not an infection
- **Activity** should be restricted to quiet play at home for 7-10 days. Children can usually return to school after that time, but recess and sports should be restricted until about 2 weeks after surgery.
- **Diet** should begin with clear liquids (water, ice chips, Gatorade, Jello, popsicles,) on the day of surgery. Soft foods (ice cream, yogurts, scrambled eggs, rice, mashed potatoes) may be begun the next day. One can gradually begin a more normal diet, but scratchy foods such as crackers,, popcorn, and chips should be avoided. Do not be surprised if your child requires a soft diet for 3 weeks. This will improve slowly.
- **Nausea/vomiting** may occur after surgery because of anesthesia and pain medications. Stop food, liquids, and medications for 2 hours, and then resume a liquid diet. Call the office if not better. Please call the office **972-731-7654** for questions.

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