Pain

Sore Throat
Your child will have a very sore throat the morning after the surgery lasting 6-10 days. You can help the pain by giving your child medications (see "Medications" section). Your child's voice may change after the surgery. This voice change will be temporary (1-3 months).

Earache
Earaches are common after surgery. They usually start between day 3 and 9 after surgery. Earaches may last from 3-8 days.

When to call the doctor:
- Throwing up more than three times a day
- Pain that doesn't get better even after giving your child's prescribed medication
- A fever of 38.5°C or 101°F, 2 days after surgery
- A sore throat or earaches that last longer than 10 days after the surgery

Adenotonsillectomy: After the Surgery

When do I bring my child back to the hospital?
- Bleeding – bright red blood that comes from the nose or mouth
- Throwing up coffee-ground looking material

Toronto East General Hospital
Department of Otolaryngology – Head and Neck Surgery

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Medications

Medications for pain are used to keep your child as comfortable as possible. Your child will be given a prescription for morphine syrup. You can give liquid Tylenol syrup every 4 hours with the morphine syrup. You should not give Tylenol more than 5 times a day. During the day, give your child both medications for at least the first 3 days. You can give both medications for up to 10 days after surgery.

Fever

- A fever up to 38.5°C or 101°F is normal after surgery.
- Liquid Tylenol and drinking more will help lower your child's fever.
- If your child has a fever 2 days after the surgery, call your doctor.

Hydration and Diet

After the surgery:
- Clear fluids (water, apple juice, flat ginger ale or Sprite, popsicles, Jell-O).
- If your child throws up, wait 30 minutes before giving them more fluids.
- Your child should be drinking 125ml or ½ cup every 2 hours (except while sleeping).

The day after the surgery
- Start a soft diet (soggy cereal, oatmeal, porridge, fish, eggs, cheese, pasta, milkshake).

Things not to eat during the first 10 days after surgery:
- Hot foods
- Acidic foods (orange juice)
- Spicy good
- Dry, sharp foods (toast, chips)

Bleeding

Signs of bleeding
- Bright red blood in your child’s throat
- Bright red blood in vomit
Bleeding is most common in between day 4 and 8. If you notice bleeding, contact your surgeon and bring your child to the hospital right away.

Contact Information

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