What should my child drink and eat?

- **Drinking a lot of fluids is very important!**
  - Give your child water, diluted apple juice, Gatorade or milk.
  - Do not give your child citrus juices like orange and grapefruit juice.
- **Daily fluid guideline:**
  - age 0 - 2 years: 16 ounces a day
  - age 2 - 4 years: 24 ounces a day
  - age 4 years+: 32 ounces a day
- It’s OK for your child to use a straw.
- **Give soft foods for two weeks.** Examples are pasta, mashed potatoes, pudding, pancakes and scrambled eggs. You can also give milk and ice cream.
- **Your child may return to his usual diet after two weeks.**

Can my child be active?

Your child may take **two weeks** to recover and “be himself” after surgery.
- **School/daycare:** Your child can return to school or daycare once he stops taking pain medication. This is often two weeks after surgery.
- Wait at least **two weeks** before allowing your child to:
  - Spend the night at a friend or relative’s home
  - Travel by airplane or train, go camping or do other activities that make it hard to get to a hospital quickly

Please follow the specific recommendations from your child’s doctor. Tell your child’s school nurse and caregivers about the operation. Give them a copy of this information sheet.

Will my child have a fever?

- A fever of up to 101.5°F is normal for two to three days after surgery.
  - **If your child feels warm,** check his temperature. Ask your nurse to show you how to do this if you are not sure.
  - **If your child will not take acetaminophen (like Tylenol) by mouth,** give a rectal suppository of acetaminophen. You can buy this at a drug store. Follow the directions on the box.
  - If your child has a fever higher than 101.5°F, call our office at 630-761-5531

How should I care for my child’s throat?

Bad breath is normal and can last for weeks after surgery.
- **Don’t give your child mouth rinses** (like Scope or Listerine). They may bother the back of the throat.
- **Brush your child’s teeth** as usual.
- **Don’t worry if you see white patches in your child’s throat** (where the tonsils were). This is normal and often goes away in a couple of weeks.
- It may be uncomfortable when your child clears his throat, cries and coughs. **Try to comfort your child** when this happens.

What should I do if there is bleeding?

Your child could have bleeding for up to two weeks after surgery. This is rare and must be treated right away.
- Don’t let your child go anywhere that is farther than 30-45 minutes from an emergency room.
- If your child throws up blood, bleeds from the nose or mouth or if you see blood (on clothing, sheets, etc.), go to the closest emergency room or call **911** right away. Keep calm and help your child stay quiet.
- Call Dr. Amin if your child is admitted to another hospital.
Will my child be in pain?
Your child might have throat pain after surgery. Pain is usually worse right after surgery (days one to three). It gets better for a few days and then gets worse again (usually days five to seven). This is normal.

- It may be hard for your child to swallow. Having him drink fluids can help with the pain.
- Your child may have ear pain. This is normal and not a cause for concern.
- Pain medicines will not get rid of all the pain.
- Your child will take acetaminophen and ibuprofen for pain. Please see the next page for instructions.

When should I call the doctor?
- Call us if your child has:
  - An upset stomach or vomiting (throwing up) that lasts three hours or more
  - A fever higher than 101.5°F
  - Not had any liquids to drink
  - More sleepiness than usual
  - Neck stiffness that doesn’t get better with pain medicine
- Call with any questions or concerns.

Contact us
- Monday, Tuesday, Thursday and Friday, 8:30 to 4:30 p.m, Wednesday 10:00-6:00 pm: Call the Nursing line at (630) 761-5531
- Nights and Weekends: Page Dr. Amin by calling either (630) 761-5531 or (630) 445-2097