

POST-OPERATIVE CARE AFTER ADENOIDECTOMY ADENOTONSILLECTOMY UVULOPALATOPHARYNGOPLASTY (UPPP)

What can I do to help my child feel better?

Tonsillectomies are painful procedures. The throat and ear pain will be worst in the first week and it is important to pay attention to the following:

1. **Plenty of liquids** – Such as water, cordial, lemonade or ice blocks. Staying hydrated is important and will reduce the amount of discomfort. Your child might not feel like drinking, but it is important that you encourage them to drink liquids every hour.
2. **Foods that are easy to swallow** – Such as soft bread, jelly, porridge and mashed potatoes. As a general rule, avoid any foods that worsen your child's pain.
3. **Pain relief:- PLEASE USE SCRIPTS PROVIDED AS FIRST PRIORITY** – As per Anaesthetist/Surgeon script provided

When should I worry?

After surgery, bring your child to the nearest Emergency Department if he or she:

- Has more than 1 teaspoon of bright red blood coming from the nose or throat. A little blood in saliva or vomit is normal after surgery. If you see a lot of bright red blood, take your child to the hospital right away.
- Cannot eat or drink for more than 1 day despite all pain relief as recommended above

Note: the white slough that sits on the tonsillar beds is normal and unless if they have a fever, this is does NOT require antibiotics and will disappear over the next few weeks.

=====
All Correspondence: Penrith Rooms
107 Stafford Street
Penrith NSW 2750
(Provider No. 227548TY)

Norwest Rooms
Level 1, Suite 105, 9 Norbrik Drive
Bella Vista NSW 2153
(Provider No. 227548QA)

T. 0407 492 922 / F. 02 4744 3626
Email: info.familyent@gmail.com