



most likely be able to go home within a few hours. Most children do fine, but any surgery involves certain risks. Your doctor can explain them to you.

### After tonsillectomy/adenoidectomy

-  **Fluids** – Give your child lots of cold liquids for a week or two. Water, non-citrus juices, and frozen juice bars are good choices
-  **Food** – Cold and/or soft foods are easiest to swallow. Try ice cream, gelatin, puddings, oatmeal, and mashed potatoes. Avoid hot, spicy, or scratchy foods
-  **Pain** – Your child’s throat will be very sore at first. Pain may come and go over the next week or two
-  **Medications** – Give only the medications that your doctor suggests. Follow directions carefully. Don’t give your child aspirin or ibuprofen for two weeks after surgery
-  **Rest** – Have your child take it easy and stay home for the first two weeks, or as instructed

### After ear tube surgery

-  **Pain** – Most patients have little or no pain after tubes are put in
-  **Water** – Ask your doctor whether to keep water out of your child’s ears, and for how long
-  **Follow-up** – The tubes fall out on their own without pain. The holes usually heal on their own
-  **Future problems** – If hearing becomes poor again or ear infections don’t stop, the ear surgery may need to be repeated

### When to call the doctor?

Call the doctor if your child:

-  Has a fever over 101°F (38.3°C)
-  Has severe pain, not relieved by pain medications
-  Has bright red bleeding from the mouth or nose
-  Stops urinating – won’t drink
-  Has ear drainage for more than 48 hours after surgery



 Apollo Spectra Hospitals



# Tonsillectomy, Adenoidectomy and Ear Tube Surgery

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## Ravi's Tonsillectomy & Adenoidectomy journey

Meet Ravi. Ravi is really good at soccer. But sometimes he doesn't feel well enough to play because a lot of times he can't hear what people say.

### Ravi at home

Ravi makes a lot of noise when he sleeps. He also wakes up a lot. His mom wonders if that's why he's tired all the time.

Ravi's big sister Lata used to have the same problems Ravi has. So their mom calls Lata's doctor to ask if he can help Ravi like he helped Lata.

### Ravi visits the doctor

Ravi's mom takes him to see Dr. Deepak. He is called an ENT doctor because he helps kids with their ears, nose, and throat.

### A look inside

Dr. Deepak shows Ravi the parts of his ears, nose, and throat that are making him sick. There is fluid behind Ravi's eardrum. Also, his tonsils and adenoids are too big.

### Ravi goes to the hospital

Ravi needs surgery to fix his problem. Ravi goes to a hospital to have his surgery. This is a big building filled with people who can help Ravi feel better.

Ravi and Lata and their mom go to the hospital. They meet lots of nice people. These people explain how Ravi can get ready for surgery.

### In the operating room

The operating room is where Ravi will have his surgery. The room has machines which makes noises and lights. The room is very clean.

Ravi gets very sleepy. He begins to dream...

### The journey begins...

In Ravi's dream, Dr. Deepak and Lata get ready. They need to get very small, so they can fit inside Ravi's mouth.

### Ravi's tonsils

Ravi's tonsils are sick. Dr. Deepak will take Ravi's tonsils out. This will make Ravi's throat hurt for about 10 days. But, after that, Ravi will feel much better!

### Ravi's adenoids

Once the tonsils are taken out, Dr. Deepak and Lata fly to Ravi's adenoids. Ravi's adenoids are causing problems, just like his tonsils. So Dr. Deepak will take Ravi's adenoids out, too.

### Ravi's eardrum

When Dr. Deepak is finished taking out the adenoids, he and Lata fly into Ravi's ear. Ravi has fluid behind his eardrum. Dr. Deepak will take out the fluid. Then, a special tube is put into his eardrum to help keep the fluid from coming back.

### Ravi wakes up

After surgery, Ravi wakes up in the recovery room. His throat hurts a little. He feels a little dizzy. And he feels a little sick in his stomach. But he's happy to see his mom and Lata.

### One week after surgery

Ravi's throat is still sore. He eats soft foods and drinks lots of cold drinks to help it feel better. He should feel all better in another week or so.

### One month after surgery

Ravi is sleeping better. He's not tired anymore and he feels great!

## Notes to parents

The steps you take before and after your child's surgery can help make the whole process easier. Have your healthcare provider check here the procedures your child needs:

- Tonsils taken out
- Adenoids taken out
- Ear tubes put in

## Preparing for surgery

- Write down all your questions so you don't forget them
- If your child gets a fever, cold, or rash within the 48 hours before surgery, call the doctor. Surgery may need to be postponed
- If your child's tonsils or adenoids will be taken out, stock up on cold drinks and soft foods for after surgery
- Do not give your child ibuprofen, aspirin, or medication containing either ibuprofen or aspirin for two weeks before surgery
- Tell the doctor if your child takes any prescribed or over-the-counter medications. Ask if the child should stop taking them before surgery
- Ask your doctor how long before surgery, your child needs to stop eating and drinking
- The morning of surgery, dress your child in comfortable clothes. Remove any earrings, hair clips, or other jewellery your child wears

## What to take to the hospital?

- Insurance cards or forms
- Your child's medical test results
- A list of all medications your child takes regularly
- Your child's favourite toy or blanket
- An extra set of your child's underwear

## Keeping your child calm before surgery

Your child will pick up signals from you about how scared to be. So don't let your child sense your worries. Be confident and optimistic. Reassure your child that everything will be fine. Talk about how the surgery can help solve your child's problems and remind your child to tell you if he or she is scared or has questions.

## After surgery

You will be able to see your child soon after surgery. Your child will wake up in a recovery room. Highly skilled nurses provide care during recovery. Your child will