

Your Child's Tonsillectomy: Returning Home

After a tonsillectomy, your child may have ear and throat pain for up to 2 weeks.

Most children can get back to their usual activities in about a week, or longer in some cases.

After the surgery, your child may snore or breathe through their mouth at night.

This way of breathing can cause dry mouth and pain.

It might help to place a humidifier by your child's bed or close to your child.

Have your child drink plenty of fluids for the first 24 hours to avoid becoming dehydrated.

Use clear fluids, like water, apple juice, and flavored ice pops.

Avoid hot drinks, soda pop, and citrus juices such as orange juice.

When your child is ready to eat, start with easy-to-swallow foods, like soft noodles, pudding, canned or cooked fruit, scrambled eggs, and mashed potatoes.

After going home, following your doctor's instructions about diet, activity, and medicines is one of the best ways to help your child heal and feel better sooner.

Watch for any problems, and call your doctor if your child has problems such as new or worse pain... or bleeding.

And call if your child is too sick to their stomach to drink any fluids.

You'll want to watch for a fever of 101 degrees Fahrenheit or 38 degrees Celsius or higher.

Get emergency help right away if your child passes out, bleeds a lot from the mouth or nose, or has trouble breathing.

You know your child best, so call your doctor if you have any questions.

Giving good care after surgery can help your child feel better and recover sooner.