

Your child has had a Tonsillectomy



Surgical Day Care Unit

4480 Oak Street, Vancouver, BC V6H 3V4

604-875-2345 1-888-300-3088

www.bcchildrens.ca

Surgical Daycare Unit Nursing Discharge Instructions

Your child's weight today was: _____ kg.

Pain management

Today your child was given a dose of Tylenol® (acetaminophen) at _____. Acetaminophen can next be given at _____.

Today your child had a dose of Advil® (ibuprofen) at _____. Ibuprofen can next be given at _____.

At Home

Please give your child pain medication as follows:

- Follow each bottle's instructions and give both medications regularly.
- Give your child pain medication overnight to ensure continued comfort. This is especially important on the first night after surgery.
- **Do not give ibuprofen regularly after 48 hours.** If your child still needs ibuprofen after 48 hours or if you have concerns about the amount of pain your child experiences, please contact your child's surgeon.
- Give acetaminophen regularly for up to 5 days after the tonsillectomy.

- Ask your local pharmacist if you have any questions about your child's pain medication.

Eating & Drinking

Your child is not having clear fluids (water, apple juice, popsicles, ginger ale & Jell-O).

At _____ your child can try a "full fluids" diet such as milk, yogurts, pudding, or ice cream.

- Avoid citrus fluids such as orange juice.
- It is okay if your child does not want to eat solid food for 1-2 days.
- It is important that your child is drinking fluids.
- Your child should pee more than twice a day and their urine should be pale yellow. Small amounts of pee and peeing less than twice a day are signs that your child needs to drink more fluids.

Nausea & Vomiting (Throwing up)

It is common for children to vomit in the car on their way home.

If your child vomis more than 3 times in the first 2-3 hours after going home, consider giving one dose of Gravol® (dimenhydrinate). Follow the directions on the package and ask your pharmacist.

Your child's surgeon will determine your child's follow up appointment.

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Contact your child's ENT surgeon's office at 604-875-2113 if:

- Your child's pain is not controlled by the suggested medication.
- Your child's nausea or vomiting continues after one dose of Gravol® (dimenhydrinate).
- Your child has a fever for more than 24 hours following surgery.
- Your child's breath is very unpleasant.
- You are worried about your child.

BCCH Surgical Daycare Unit

604-875-2345 ext. 7255