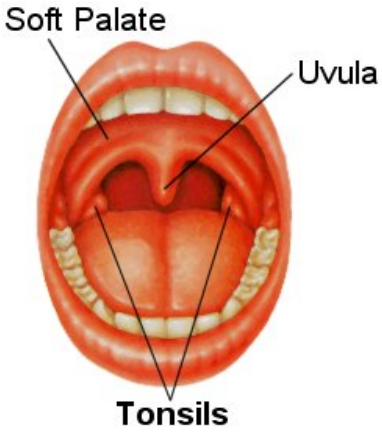
Tonsillectomy, Aftercare, Child

Your child has had their tonsils removed. If you look in their mouth over the next 10 to 14 days, you will notice that the back of the throat where the tonsils were looks whitish or grey in color. It may also look ragged and rough. This is the normal appearance following a tonsillectomy. You do not have to be worried.



HOME CARE INSTRUCTIONS

- Only give your child over-the-counter or prescription medicines for pain, discomfort, or fever as directed by their caregiver. Do not give aspirin to children because of it's relationship with Reye Syndrome. It also increases the chances for bleeding by making blood “thinner". This means it does not clot as easily.
- Your child may feel worn out and tired for a while. Make sure they get enough rest.
- Because of the sore throat and swelling, your child may not feel hungry. Soft and cold foods such as ice cream, popsicles, and cold drinks are usually the easiest to eat. They may start to eat solid foods when their throat feels more comfortable.
- Your child should avoid mouth washes and gargles.
- Keep your child away from people with upper respiratory infections such as colds and sore throats.
- An ice pack applied to your child's neck may help with discomfort and keep swelling down.

SEEK MEDICAL CARE IF:

- Increased bleeding or if your child vomits, coughs, or spits up bright red blood.
- Increasing pain that is not controlled with medications.
- An unexplained oral temperature above 102º F (38.9º C).
- A feeling of lightheadedness or your child has a fainting spell.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your child develops a rash.
- Your child has difficulty breathing.
- Your child has other allergic problems or side effects you think may be caused by medications.

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