

Post-Operative Care Instructions for Parents of Children with Tonsil Surgery:

*After tonsil surgery, once the child is fully awake and has adequate swallowing ability, clear liquids Such as milk, yogurt drink, and ice cream should be given during the first 24 hours. Thereafter, for up to 2 weeks, soft foods such as porridge, soup, haleem, and foods that are blended and mashed should be consumed.

*During the first 3 weeks after surgery, the use of a straw for drinking liquids should be strictly avoided.

*The child will remain hospitalized for the first 24 hours after surgery. Any bleeding from the mouth or nose should be reported immediately to the nursing staff. Bleeding occurring within the first 24 hours postoperatively will be managed in the hospital; however delayed bleeding may occur within the first 10 days after surgery, particularly around the sixth or seventh day. At any time after discharge, if bleeding from the mouth or nose occurs, or if marked weakness or lethargy is observed, the patient should seek immediate medical attention at the Emergency Department.

*Any weakness, unusual sweating, or inability to sit or stand should be reported immediately.

*After tonsil surgery, throat pain is expected and may persist for 1 to 2 weeks. Ear pain may also be experienced, which is referred pain originating from the surgical site in the throat.

*A mild fever may occur and is usually well controlled with adequate fluid intake.

*Nausea and vomiting may occur after surgery, which can be caused by swallowed blood, side effects of anesthetic drugs, or reaction to other medications.

*If neck pain does not improve within 2 weeks after surgery, the patient should be re-evaluated by a doctor.

Recommendations for Parents:

*After full recovery from anesthesia, adequate fluids should be given by cup.

*Soft foods should be consumed during the first 2 weeks after surgery.

*After surgery, the child should avoid heavy physical activity and gradually return to normal activities.

*In case of high fever or any bleeding from mouth or nose, seek medical attention immediately.

*Bad breath is a common side effect of tonsil surgery and will improve by regular fluid intake.

*One week after surgery, the child should definitely be examined by an ENT specialist (preferably the treating doctor)

*Yellowish-Gray layer at the surgical site after tonsil surgery is normal, and is not considered infection, and represents the healing area.

*Voice changes may occur after surgery due to removal of the tonsils; these changes are usually temporary and will improve over time.