There are many ways to make your child more comfortable after surgery. This packet will help you care for your child at home.

What should my child drink and eat?

- **Drinking a lot of fluids is very important!**
  - *Give* your child water, diluted apple juice, Gatorade or milk.
  - *Do not give* your child citrus juices like orange and grapefruit juice.

- Daily fluid guideline:
  - age 0 - 2 years: 16 ounces a day
  - age 2 - 4 years: 24 ounces a day
  - age 4 years+: 32 ounces a day

- It’s OK for your child to use a straw.

- **Give soft foods for two weeks.**
  Examples are pasta, mashed potatoes, pudding, pancakes and scrambled eggs. You can also give milk and ice cream.

- Your child may return to his usual diet after two weeks.

Can my child be active?

Your child may take **two weeks** to recover and “be himself” after surgery.

- **School/daycare:** Your child can return to school or daycare once he stops taking pain medication. This is often two weeks after surgery.

- Wait at least **two weeks** before allowing your child to:
  - Spend the night at a friend or relative’s home
  - Participates in sports
  - Travel by airplane or train, go camping or do other activities that make it hard to get to a hospital quickly

Will my child have a fever?

- A fever of up to 101.5°F is normal for two to three days after surgery.
  - **If your child feels warm,** check his temperature. Ask your nurse to show you how to do this if you are not sure.
  - **If your child will not take acetaminophen (like Tylenol) by mouth,** give a rectal suppository of acetaminophen. You can buy this at a drug store. Follow the directions on the box.
  - **If your child has a fever higher than 101.5°F,** call the Nursing Line or our answering service

How should I care for my child’s throat?

Bad breath is normal and can last for weeks after surgery.

- Don’t give your child mouth rinses (like Scope or Listerine). They may bother the back of the throat.

- **Brush your child’s teeth** as usual.

- Don’t worry if you see white patches in your child’s throat (where the tonsils were). This is normal and often goes away in a couple of weeks.

- It may be uncomfortable when your child clears his throat, cries and coughs. **Try to comfort your child** when this happens.

What should I do if there is bleeding?

Your child could have bleeding for up to two weeks after surgery. **This is rare and must be treated right away.**

- Don’t let your child go anywhere that is farther than 30-45 minutes from an emergency room.

- If your child throws up blood, bleeds from the nose or mouth or if you see blood (on clothing, sheets, etc.), go to the closest
emergency room or call 911 right away. Keep calm and help your child stay quiet.
• Call Dr. Amin if your child is admitted to a hospital other than Edwards or CDH.

Will my child be in pain?
Your child might have throat pain after surgery. Pain is usually worse right after surgery (days one to three). It gets better for a few days and then gets worse again (usually days five to seven). This is normal.

• It may be hard for your child to swallow. Having him drink fluids can help with the pain.
• Your child may have ear pain. This is normal and not a cause for concern.
• Pain medicines will not get rid of all the pain.
• Your child will take acetaminophen and ibuprofen for pain. Please see the next page for instructions.

When should I call the doctor?
• Call us if your child has:
  ❖ An upset stomach or vomiting (throwing up) that lasts three hours or more
  ❖ A fever higher than 101.5°F
  ❖ Not had any liquids to drink
  ❖ More sleepiness than usual
  ❖ Neck stiffness that doesn’t get better with pain medicine
• Call with any questions or concerns.

Contact us
• Monday–Friday, 8:30 to 4:30 p.m.: Call the Nursing line at (630) 761-5531
• Nights and Weekends: Call the answering service at (630) 761-5531 and ask them to page Dr. Amin
What are acetaminophen and ibuprofen?
Acetaminophen (Tylenol) and ibuprofen (Advil or Motrin) are medicines that treat pain and fevers. Ibuprofen also helps with inflammation (swelling and redness).
- Acetaminophen comes as a tablet, capsule or liquid.
- Ibuprofen comes as a tablet, capsule or in two different strengths of liquid.

Where do I get them?
You can buy acetaminophen and ibuprofen in a drugstore. You do not need a prescription.

How do I give my child these medicines?
- You need to alternate doses of acetaminophen and ibuprofen every three hours. **Important**: This means that your child gets acetaminophen every six hours and ibuprofen every six hours.
- For the first three days after surgery, you should give these doses regularly. This includes throughout the night.
- After three days, you can give the doses as needed. Some children need the medicine regularly for more than three days.

It can be hard to remember the last time you gave your child acetaminophen or ibuprofen. We suggest using a medicine schedule and tracker like the one below.

### Example Medicine Tracker

<table>
<thead>
<tr>
<th>Give dose of...</th>
<th>Time</th>
<th>✔️ When given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetaminophen</td>
<td>12 a.m.</td>
<td></td>
</tr>
<tr>
<td>Ibuprofen</td>
<td>3 a.m.</td>
<td></td>
</tr>
<tr>
<td>Acetaminophen</td>
<td>6 a.m.</td>
<td></td>
</tr>
<tr>
<td>Ibuprofen</td>
<td>9 a.m.</td>
<td></td>
</tr>
<tr>
<td>Acetaminophen</td>
<td>12 p.m.</td>
<td></td>
</tr>
<tr>
<td>Ibuprofen</td>
<td>3 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

How much medicine should I give my child?
Use the dosage tables on the back of this sheet:

1. Find your child’s weight
2. Match the weight with the type of medicine you are giving (in the top row)
   mL is a measurement of liquid. This is the amount you fill a syringe with, if you are using a liquid formula.

Important notes
- **Use the right measuring device**: It is important to use the measuring device that comes with the bottle. You can also use a 5 or 10 mL syringe. **Do not use kitchen silverware or measuring spoons**. This will not give the right dose.
- **If the medicines upset your child’s stomach**, give them with food or milk.
- **If you think you gave your child too much medicine**, contact the American Association of Poison Control Centers right away at 1-800-222-1222.

For young adults
- **If you drink alcohol**, talk with your doctor or nurse before taking acetaminophen and ibuprofen.
- **If you are pregnant or breastfeeding**, talk with your doctor or nurse before taking acetaminophen and ibuprofen.

When should I call the doctor?
Call if your child:
- Has pain that doesn’t get better after taking the medicines
- Has a rash
- Has yellow skin or eyes
- Feels faint or dizzy
- Has bloody or black stools
- Has stomach pain that does not get better on its own