

Lora's Top Tips for Caring for Your Child After a Tonsillectomy

Lora Faust is a mom of two kids who had tonsillectomy surgery at the same time. Here are her top tips for how to help get your child through tonsillectomy recovery.

1. **Let your kids pick out snacks before the day of surgery.** We let our kids pick different popsicle flavors, ice cream, Jell-O and apple sauce. Don't pick any red-colored foods or drinks; if your child vomits and you see red, you won't be able to tell if it's blood or the food or drink they had.
2. **Use humidified air to keep your child's throat moist.** We took home the tubing from the hospital that was used to humidify our children's throat after surgery. The tubing was used to deliver humidified air directly to their nose and mouth. We used the tubing in the same way by attaching it to a humidifier at home to help keep their throat moist while they recovered. Put a towel on your child's pillow to prevent it from getting wet.
3. **Apply ice packs on your child's throat or give ice chips and popsicles to help relieve pain.** These are especially helpful when it's not time to give pain medicines.
4. **Keep a cooler in the room your child sleeps in.** Keep ice packs, popsicles and ice chips in the cooler so they are easily accessible at night.
5. **Give pain medicine around the clock (as directed by your child's surgeon) and keep a medication log.** The pain is harder to control if you wait until your child is in pain to give medicine. A log helps you keep track of the time and the type of medicine you give to your child throughout the day and night. This is especially helpful if you're going to give more than one type of pain medicine.
6. **Prefill the measuring device (syringe or cup) for the pain medicine that you'll be giving your child before you go to bed at night.** This helps to ensure you give the right amount to your child when you get up at night to give it. Our children did not like ibuprofen liquid because they said it burned, so we gave chewable tablets instead.
7. **Get recipe ideas online for drinks and foods that your child may like.** I got plenty of ideas from Pinterest. An idea I got was putting chicken noodle soup in a blender. I also put bananas in the freezer and then into the blender with milk and ice to make a shake.
8. **Make sure your child drinks plenty of liquids.** We had a variety of options available to our kids, such as Gatorade, apple juice and peppermint tea with honey.
9. **Have your child chew gum if they have problems with bad breath.** Bad breath can happen because of scabbing. I got permission to send my child to school with gum.

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