

TONSILLECTOMY PROCEDURE

WHAT TO EAT AND DRINK IN THE FIRST WEEK AFTER A TONSILLECTOMY PROCEDURE

The doctor will inform you as to the volume of fluids the child per weight should be taking on a 24 hourly basis.

TO DRINK

All fluids can be consumed, **except fruit juice or other types of fluid that might burn the throat i.e. ginger beer.** It is also recommended that, if tea or coffee is consumed, that it be only lukewarm

- ❖ Coca Cola
- ❖ Cream Soda
- ❖ Water
- ❖ Ice Tea
- ❖ Rooibos tea
- ❖ Milkshakes
- ❖ Lucozade etc.

TO EAT

No fresh fruit of any kind should be consumed. Fruit contains acid, and although it seems as though it should not burn the throat, i.e. bananas etc. they do, in fact, have the potential of causing a lot of discomfort.

- ✓ Ice Cream
- ✓ Jelly
- ✓ Mash potatoes
- ✓ Gem Squash
- ✓ Custard
- ✓ Yoghurt
- ✓ Pumpkin
- ✓ Pasta – macaroni and spaghetti
- ✓ Eggs
- ✓ Mincemeat
- ✓ Porridge – oats, pronutro, Maltabella
- ✓ Simba chips – especially salt and vinegar and nik naks
- ✓ If the patient is able to chew chewing gum, constant chewing helps a lot.

NOT TO EAT

No meat, fish or chicken to be eaten after a Tonsillectomy, except chicken breast i.e. chicken a la king, hamburger patties etc and mincemeat. This is to prevent fish bones and chicken bones getting stuck in the throat or operated area that can cause bleeding.

POINTS TO REMEMBER

- ✚ Do not take any other pain medication apart from the medication that has been prescribed by the Anaesthetist;
- ✚ No physical activity for at least a week or ten days;
- ✚ A low-grade temperature is normal;
- ✚ Remember a white membrane in the throat is normal;
- ✚ It is common for the patient to have a very small bleed on day six when the first scabs come off. This is usually not significant and the patient can be given some ice to suck. A significant bleed is obvious – the patient will vomit blood. If that happens, immediately take the patient to Garden City Clinic's Casualty Department. They will contact me. This however in our practice has not happened for a great number of years, so the incidence of post-Tonsillectomy bleeding is low.

Please phone Dr. Rossouw's surgery 48 hours after the operation and inform his secretary as to the status of the patient, in effect, is the patient eating and drinking adequately, and if, for any reason, you want to speak to the doctor, you can do so at that time.

Although a Tonsillectomy is an extremely painful procedure, most patient's, especially children, gets through it with flying colours. It could however require a concerted team effort from parents, the patient, the doctor and hospital staff.

Thank you.

Dr Deon Rossouw