**A Map for Recovering After Tonsillectomy**
**Fluids=** Popsicles, juice, milk, yogurt, pudding, jello, water, milkshake, jello-water
 Koolaid, soda pop, or soup.

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| --- | --- |
| **Surgery Day** | **Rest, sleep, Try clear fluids. Give pain medicine every 4 hours while your child is awake. If your Child is vomiting, have child rest for 1 hour between episodes. Then try one sip of clear fluids every 30 minutes until fluid stays down. If your child vomits more than 4 times, let him rest-do not give him anything by mouth. Contact your doctor regarding pain medicine that can be given rectally** |
| **Day 1** | **Push fluids-at least** Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations **today.If your child is still vomiting, continue to give clear fluids slowly, and rest for 1 hour between vomiting episodes. Solid foods are ok to try today. Give pain medicine every 4 hours while your child is awake. Common complaints are: “My throat hurts, My ears hurt, My neck hurts, My tongue hurts, or my head aches”** |
| **Day 2** | **PUSH FLUIDS-at least Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsorMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations Give pain medicine every 4 hours while your child is awake. Solid foods may be easier today.** |
| **Day 3** | **PUSH FLUIDS:Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations or Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations today’s total.Continue pain medicine every 4 hours as needed.**  |
| **Day 4** | **PUSH FLUIDS:Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations or Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations today’s total.Continue pain medicine every 4 hours as needed.**  |
| **Day 5** | **PUSH FLUIDS: Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations orMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations today’s total.Continue pain medicine every 4 hours as needed.** |
| **Day 6** | **PUSH FLUIDS: Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations or Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationstoday’s total.Continue pain medicine every 4 hours as needed.** |
| **Day 7** | **PUSH FLUIDS: Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsorMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationstoday’s total.Continue pain medicine every 4 hours as needed.** |
| **Day 8-10** | **Scabs from tonsil site begin to come off-leaving throat tender again. Bleeding may also occur at this time, please contact your physician. Continue pain medicine every 4 hours or as needed.****PUSH FLUIDS:Medicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations toMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrationsMedicine measuring cup with liquid medicine or syrup, doodle style vector outline for coloring book Medicine measuring cup with liquid medicine or syrup, doodle style flat vector outline illustration for kids coloring book drawing of liquid measuring cup stock illustrations today’s total** |
| **Day 11-14** | **Your child should be eating and drinking as usual. Life returns to normal.** |

 = 8OZ Fluid

**Remember**: Each child recovers at their own rate. Some children are slower to take solid foods.
 Encouraging fluids is the first Important step

**Warning:** Poor Fluid intake will result in increased pain, fever, and weight loss (possibly 6-10 pounds)

 **A Map for Recovering After Tonsillectomy**

The patient will require a soft diet for several days following surgery. This will prevent the scabs from coming off prematurely and also decrease any chance of bleeding. The following is a list of food suggestions:

Applesauce
Eggs-scrambled, soft boiled, etc.
Macaroni & Cheese

Pastas-Homemade or canned

 Tic Tac Toes. Dinosaurs

 Cheese Raviolis, Spaghetti-o’s

Canned fruit-except pineapple.

Potatoes-except fried or other crispy varieties.

Ice Cream

Jell-O

Pudding
Oatmeal

Cream of Wheat

Cream of Rice

Cottage Cheese

Rice

Yogurt

Ramen Noodles

Soups or Broths

**Beverages:**

Apple Juice Soda’s-7-up. Coke, Pepsi, etc (shake till flat)

Grape Juice Hawaiian Punch

Apple Cider Fruit Juices

Cranberry Juice-all varieties Ices/Slurpees

Gatorade

Milk

**Please Avoid the following:**

**Noting to acidic to drink**

**Nothing too Hot**

**Nothing Hard, Crispy or Crunchy**