

ON THE DAY OF THE PROCEDURE

PERDOLAN at (time)
NUROFEN at (time)

The following day, if necessary:
PERDOLAN maximum 4x / 24h
NUROFEN maximum 4x / 24h

** at night, do not wake the child if he/she is sleeping.*

POSTOPERATIVE CHECK-UP

Must occur within ten days following the procedure.

A check-up visit is essential to ensure that your child is recovering properly.

Appointment on the (date) at (time).



EMERGENCY

Severe pain, breathing difficulties, significant bleeding: see your attending physician or call the ENT ward at 02-614 37 43 (Monday to Friday, 8:30am - 5:00pm). In case of service unavailability, please go to the emergency ward of the Europe Hospitals, St-Michel site, rue Ch. Degroux, 1040 Brussels.

INFORMATION

Emergency ward of the Europe Hospitals, St-Michel site, rue Ch. Degroux, 1040 Brussels. Phone: 02-614 39 00

TONSILLECTOMY IN CHILDREN

CLINIQUES
DE L'EUROPE

EUROPA
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advanced care - personal touch

SIDE EFFECTS

• **Bleeding:**

it is normal for your child to experience some vomiting of dark blood or a slight loss of red blood. However, if your child brings up large quantities of fresh red blood: Call your doctor or make an appointment at the emergency ward.

• **Temperature:**

your child can have a temperature of 38° for two days.

• **Throat:**

your child will suffer from a sore throat and sore ears for a few days.

• **Vomiting:**

if your child vomits, give him/her Motilium (oral suspension or suppository).

! PRECAUTIONS

Back at home, let your child **sleep on his/her side**.

Let your child rest for 3 to 4 days.

Avoid excessively hot baths.

DIET

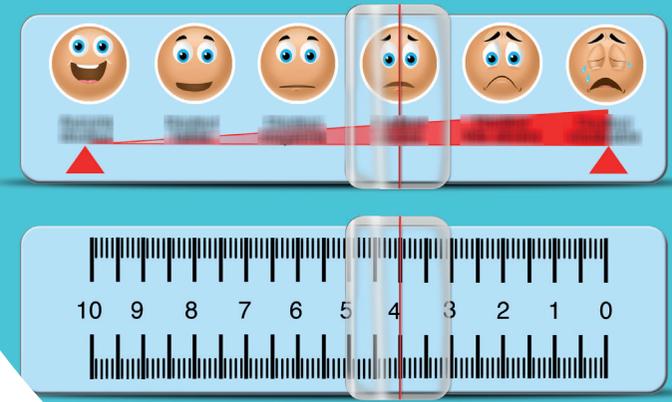
1st day: do not give any fizzy beverages or acid food (fruit juice, mashed bananas) to your child.

The child may suck on ice cubes or eat ice cream (without the cone), flan, cream, milk, mash and yoghurt (without fruit chunks).

2nd - 10th day: cold or lukewarm, soft, non-acid and chunk-free foods (pasta, mash, steak tartare spread, soup, eggs, etc.), and avoid all foods that can cause throat irritations: crisps, biscuits, fries, sticky and brittle sweets, fizzy drinks, bread with crust, chocolate...

PAIN MANAGEMENT

- From the age of 6, a child can assess his/her level of pain on a scale of 0 to 10. Before the age of 6, the use of facial expressions is preferable.
- Ask the child how much pain he/she is in. **At the 3/10 threshold, pain should be treated.**



It is essential to give your child painkillers during the **day following the procedure** (and after that if the pain lasts).

A child might express pain by refusing to eat or drink, or by not wanting to play.

Soothe the child through distractions, by reading a story or with cuddles. If your child receives proper pain treatment, he/she will resume normal activities as quickly as possible.

Administer **systematically** and alternately the following medication, preferably orally: oral suspension, tablets or suppositories (if your child is unable to swallow), based on your child's weight.