



THE CREDIT VALLEY HOSPITAL  
Paediatric Surgery

Post-Operative Tonsillectomy  
and  
Adenoidectomy Care

What to Expect

Once your child is ready to leave the recovery room, he/she will be transported to the Paediatric unit 1C, either:

- o on a surgilifter or stretcher, or
- o in a crib, or
- o on your lap as you are wheeled down in a wheelchair, or
- o carried by you or your significant other.

You will be accompanied by a nurse and possibly a porter.

On 1C, you will most likely be staying in a four-bed room - #1262. This is our observation room and is used routinely for our short-stay surgical day care patients.

Your child's behaviour may be quite different than usual during this time. He/she will probably seem sleepy due to the effect of the anaesthetic and analgesia (pain killers). He/she may be irritable or upset, and/or teary. Or your child may respond by being quiet and calm.

Once your child is settled into bed, your assigned nurse from 1C will receive a report from the recovery room nurse about your child's condition. She will then check your child's temperature, count his heart beats and breaths, as well as check his blood pressure. She will also be looking for any signs of bleeding (your child may have a small amount of dried blood in his nose or around his mouth; this does happen sometimes). She will also orient you to your room and to the unit.

Your child will have an intravenous (I.V.) infusing upon arrival on 1C. Your nurse will "thread" the I.V. tubing into a pump. This pump is used to monitor accurately the amount of fluid your child is receiving. On 1C, we program the pump for a two-hour period. At the end of the two hours, the pump may "beep" to inform us that the amount of fluid programmed into the pump has been infused, and your nurse will reprogram it for another two hours.

(Occasionally, a child may come to 1C without an I.V., or your doctor may order it to be taken out when your child is drinking well and not vomiting.)

During the course of your stay, your child may complain of a tummy ache and/or vomit. Should this happen, please save the vomit and call your nurse to assess your child (the vomit will probably look like "coffee grounds" and may have some streaks of fresh blood in it as well; this usually does not create or indicate any further problems).

Your child may be uncomfortable post operatively. To ease this discomfort, Tylenol™ is provided routinely, every 4-6 hours for the first 24 hours after surgery. Your doctor may also have ordered codeine if your child's pain is not controlled by Tylenol™. If vomiting persists your child may be ordered Gravol™. Any of these medications may cause your child to become sleepy. Rest is encouraged.

Once your child has spent at least six hours on 1C, and meets all of the discharge criteria, you will be given discharge instructions and be able to take your child home. Please review the enclosed discharge instruction sheet prior to this time and jot down any questions you may have so that you will be comfortable with the care you will be giving your child at home.

Same Day Discharge or Overnight Stay

Each child is assessed individually by your E.N.T. Surgeon to determine the length of observation time required in hospital post operatively.

SDC Scheduling: This means your child is scheduled to go home on the same day of surgery if all discharge criteria is met.

SDA Scheduling: This means your child is scheduled to come into hospital on the day of surgery and stay overnight post operatively.

The nurse assigned to care for your child post operatively on 1C, will keep you informed of your child's progress and provide ongoing teaching and support in preparation for discharge and care at home.

We hope this information will help you prepare for your child's upcoming surgery.

Please feel free at any time to ask questions or state any concerns you may have.

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