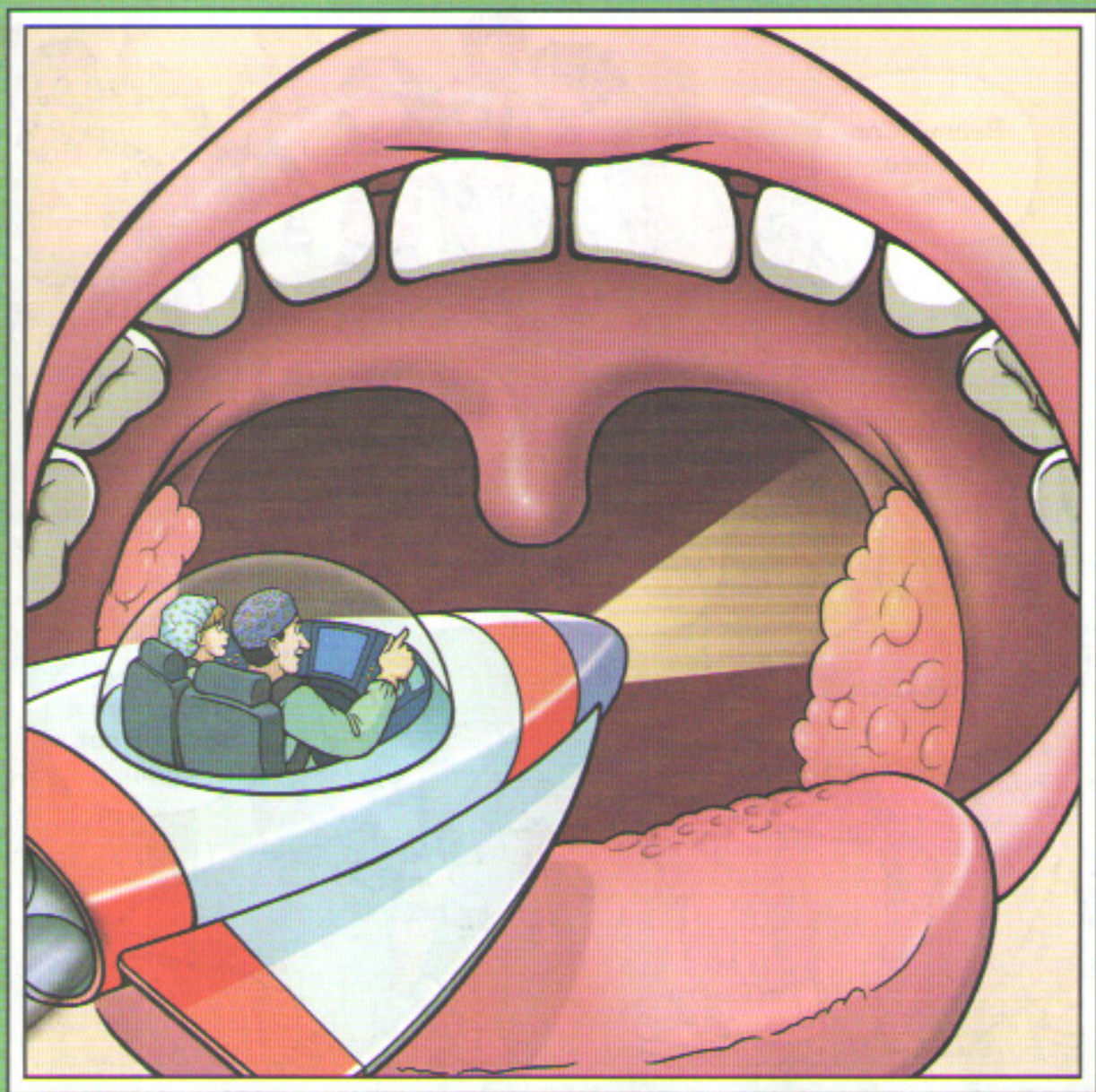


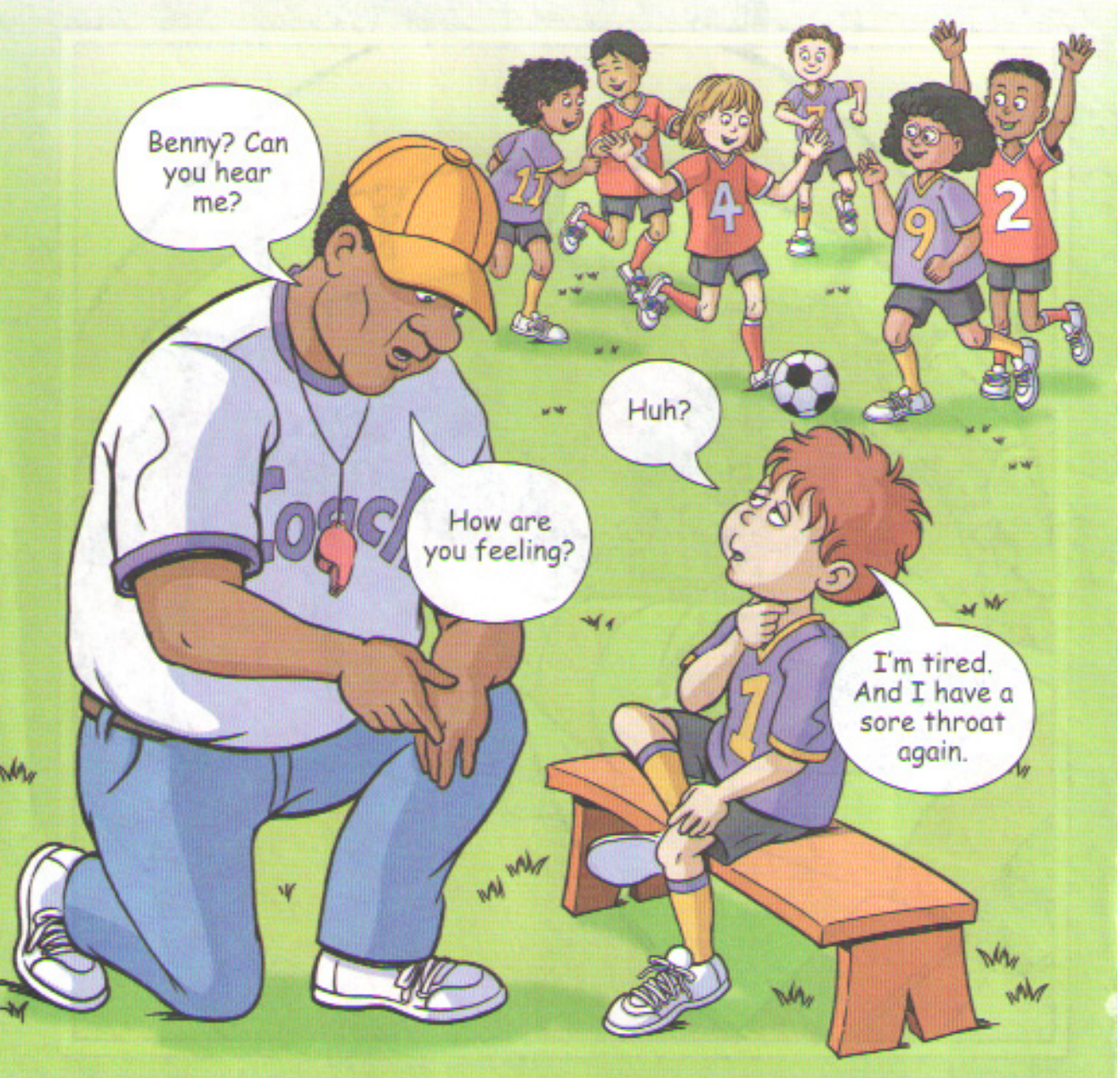
Your T&A Journey



Tonsillectomy, Adenoidectomy,
and Ear Tube Surgery

Benny's T&A Journey

Meet Benny. Benny is really good at soccer. But sometimes he doesn't feel well enough to play. And a lot of times he can't hear what people say.



Benny? Can you hear me?

How are you feeling?

Huh?

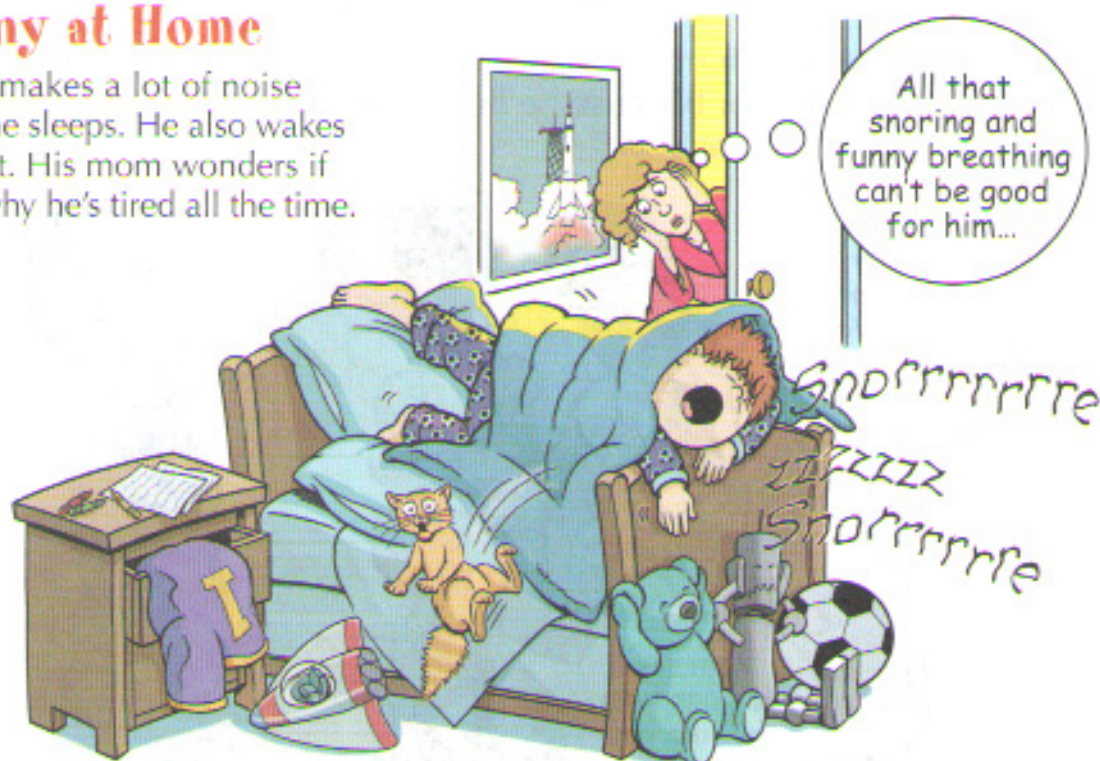
I'm tired. And I have a sore throat again.

This booklet is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

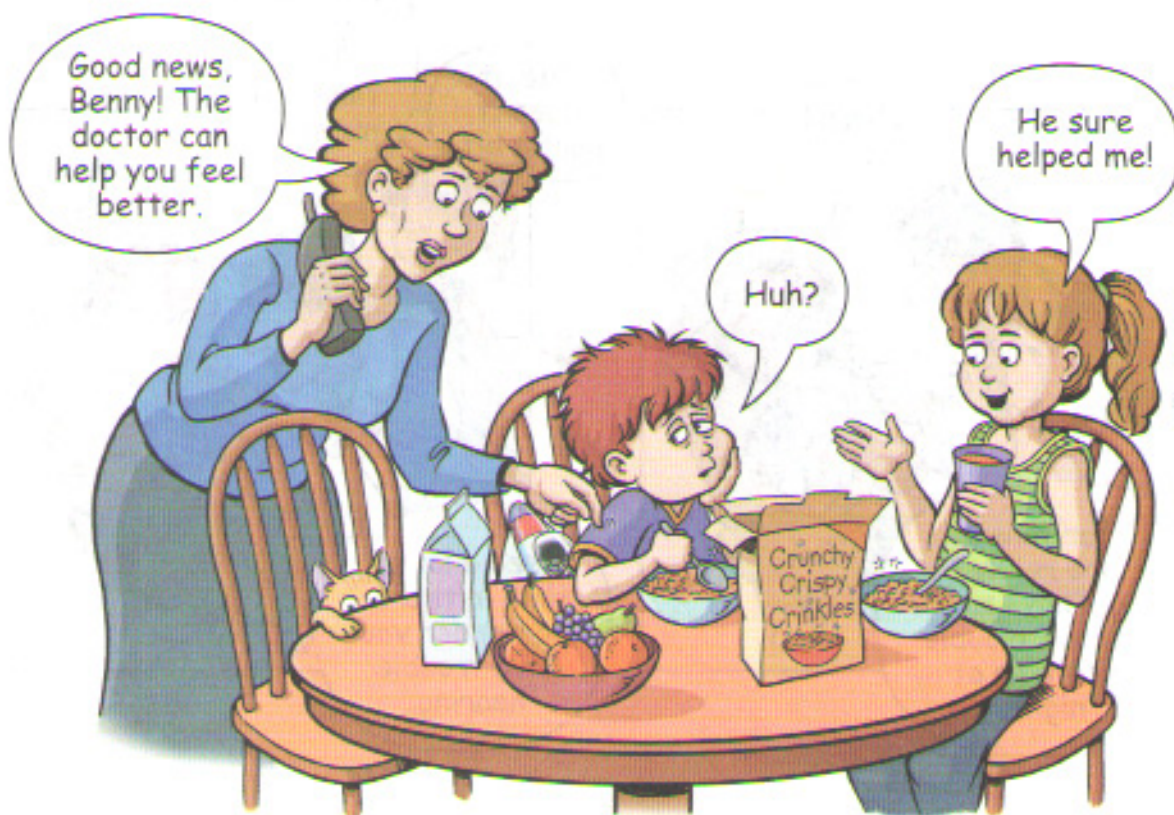
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Benny at Home

Benny makes a lot of noise when he sleeps. He also wakes up a lot. His mom wonders if that's why he's tired all the time.

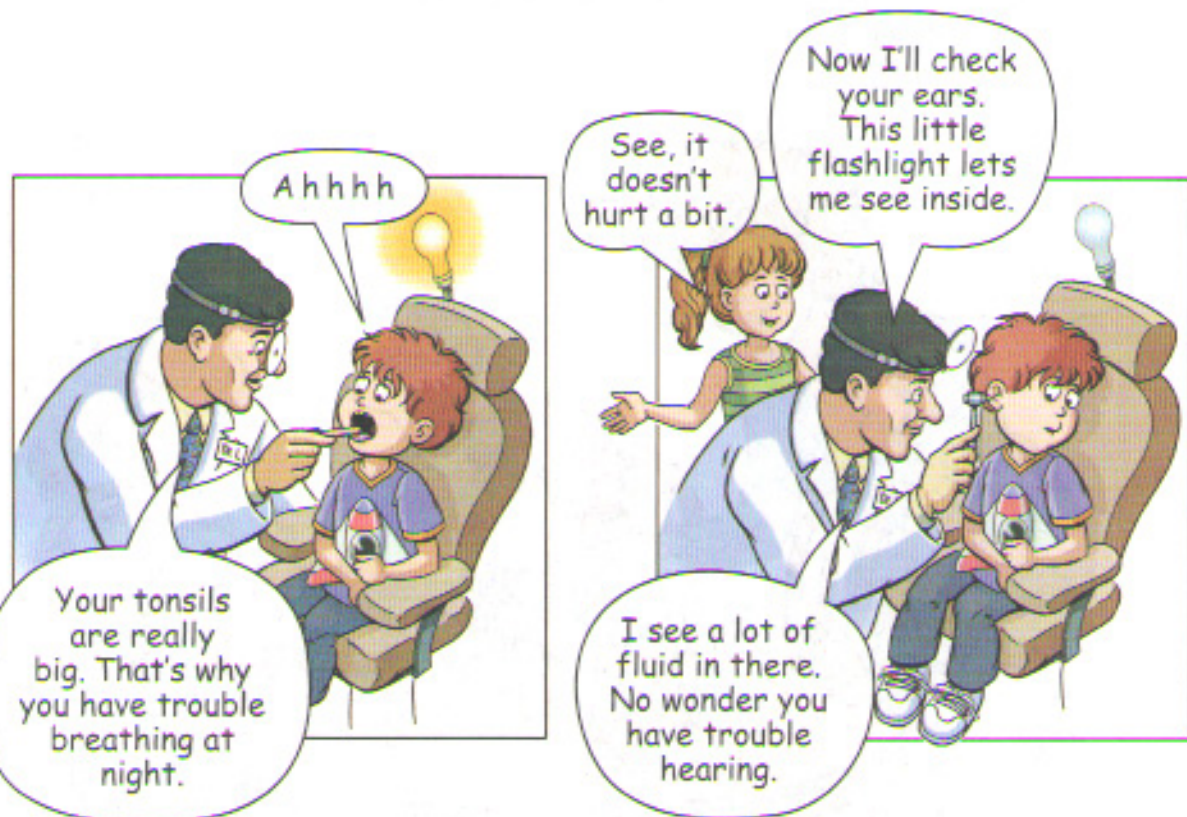
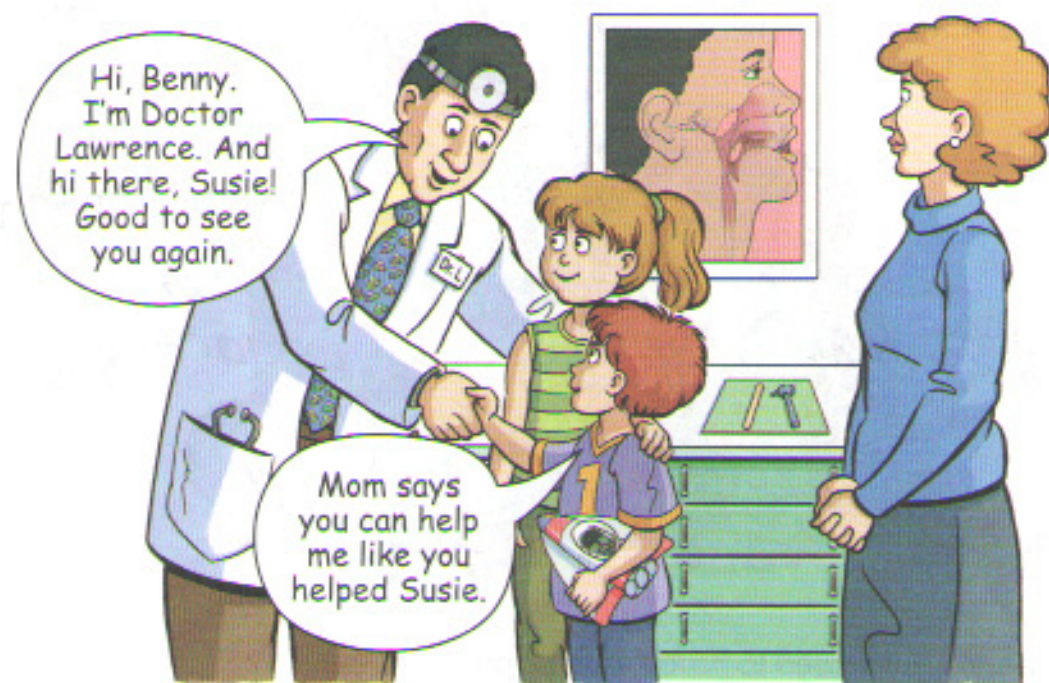


Benny's big sister Susie used to have the same problems Benny has. So their mom calls Susie's doctor to ask if he can help Benny like he helped Susie.



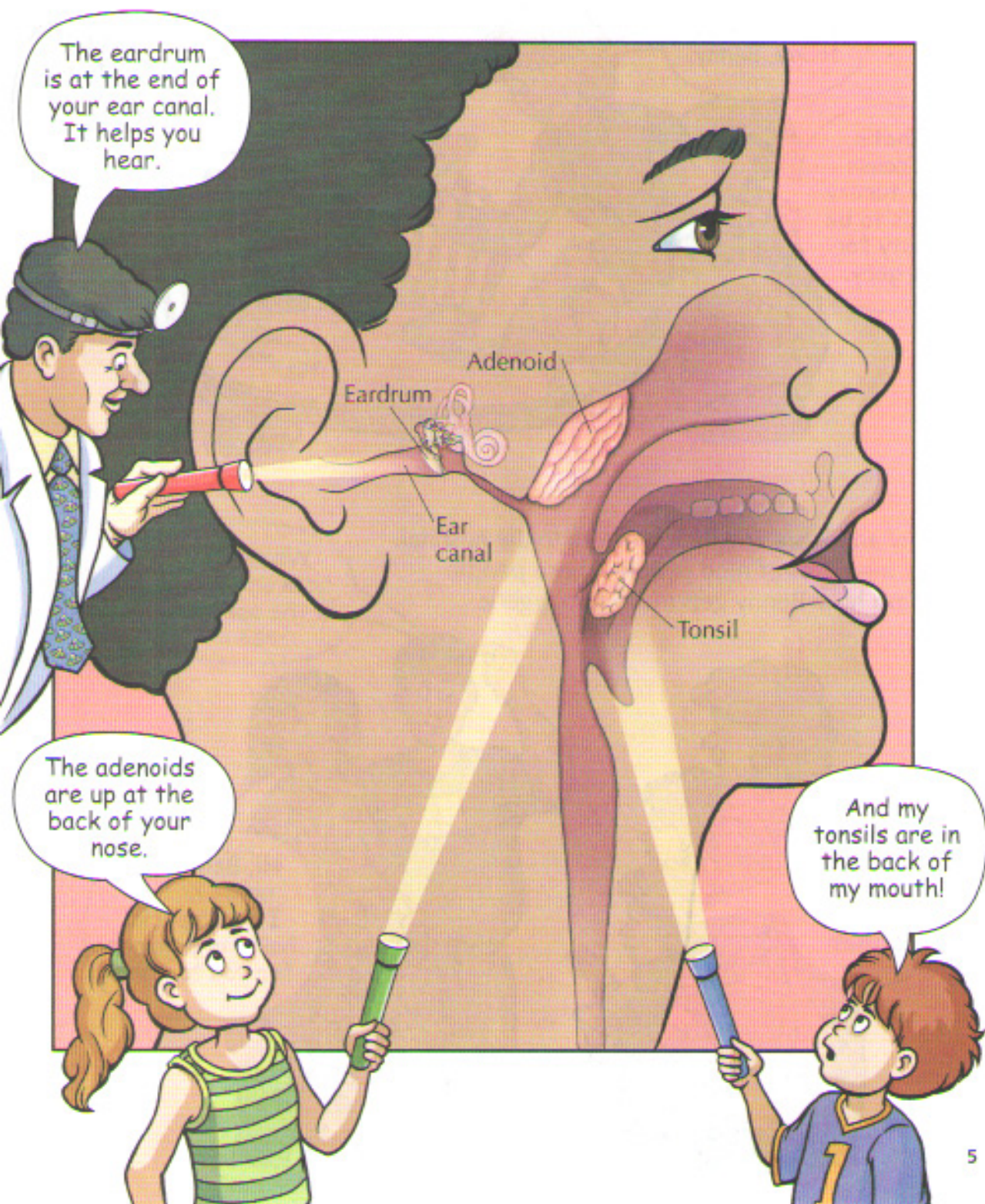
Benny Visits the Doctor

Benny's mom takes him to see Doctor Lawrence. He is called an ENT doctor because he helps kids with their Ears, Nose, and Throat.



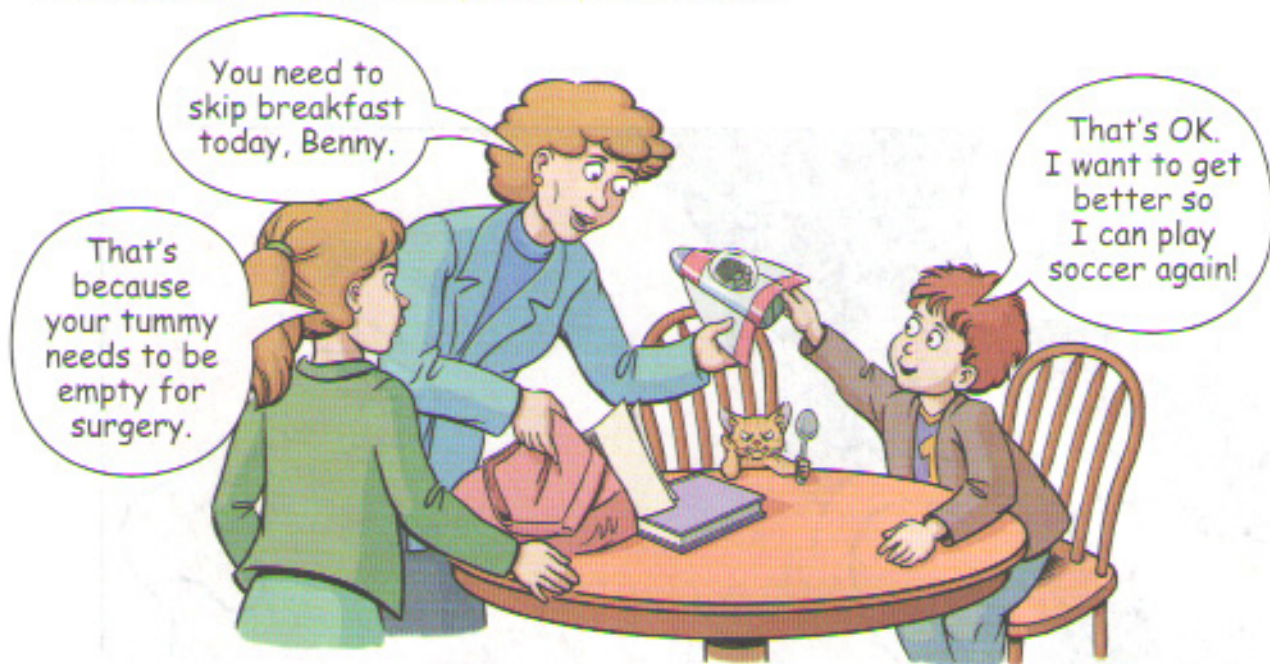
A Look Inside

Doctor Lawrence shows Benny the parts of his ears, nose, and throat that are making him sick. There is fluid behind Benny's eardrum. And his tonsils and adenoids are too big.



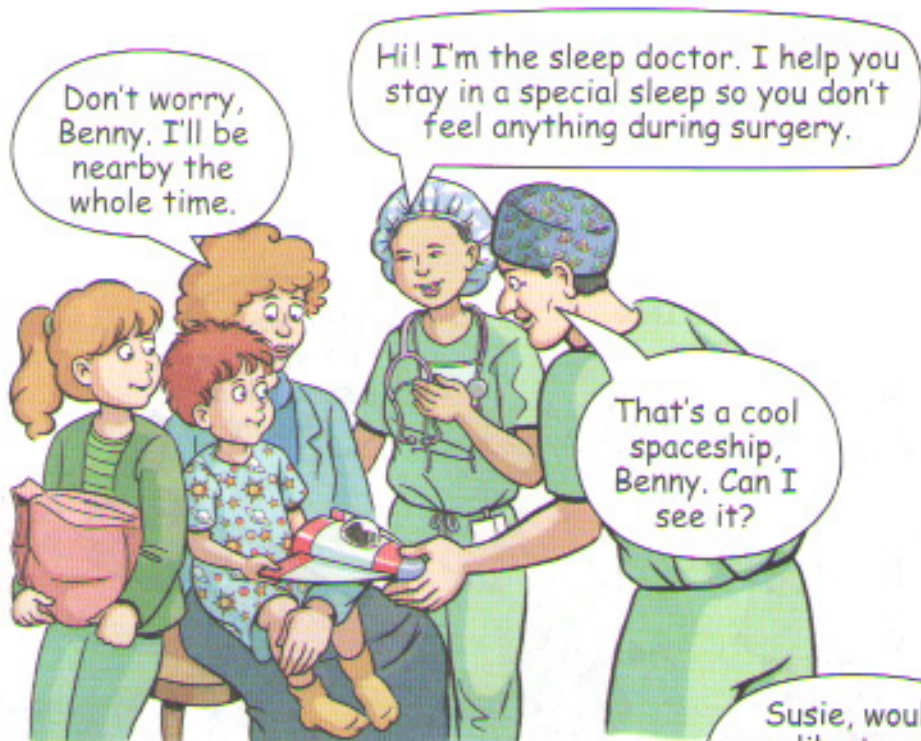
Benny Goes to the Hospital

Benny needs surgery to fix his problem. Benny will go to a hospital to have his surgery. This is a big building filled with people who can help Benny feel better.

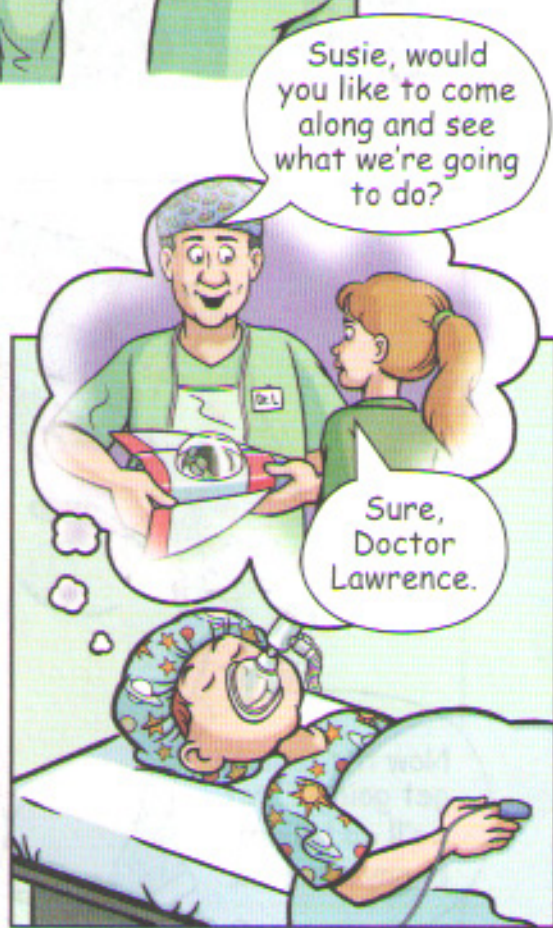


Benny and Susie and their mom go to the hospital. They meet lots of nice people. These people explain how Benny gets ready for surgery.





In the Operating Room

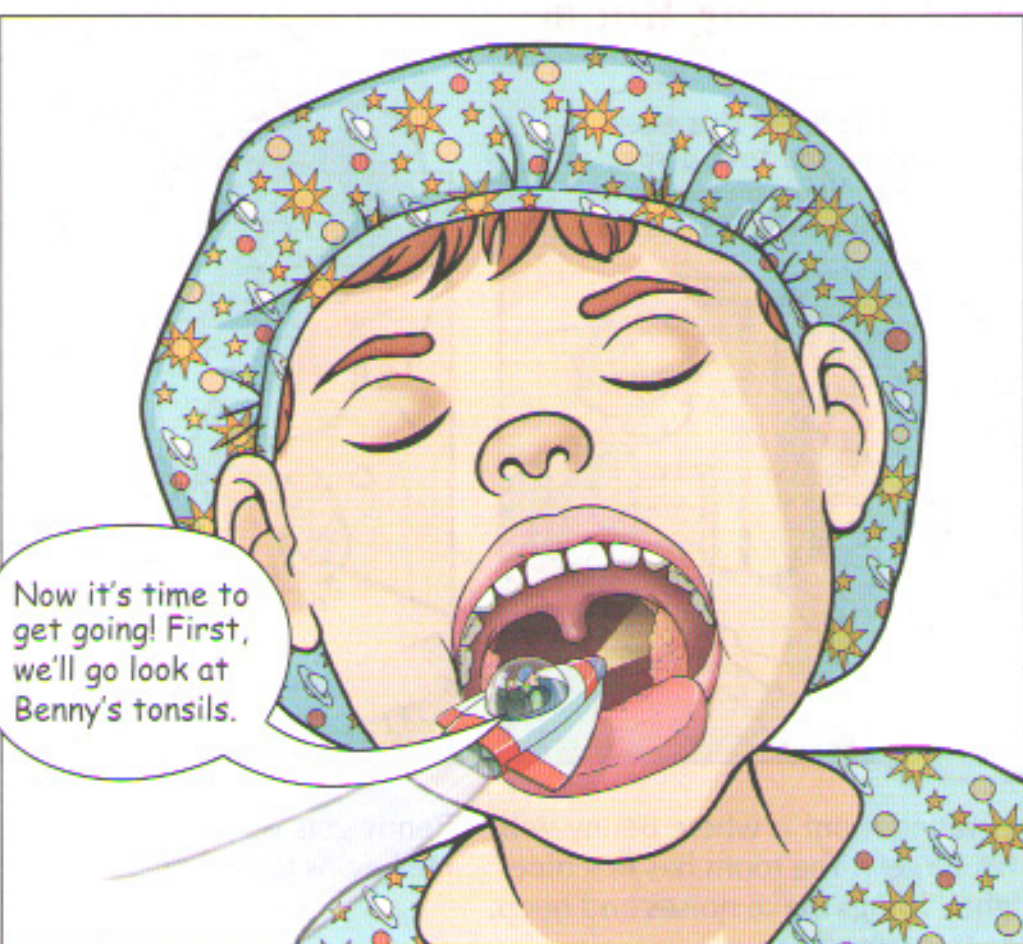


The operating room is where Benny will have his surgery. The room has machines and lights. Things make noises and beep. The room is very clean.

Benny gets very sleepy. He begins to dream...

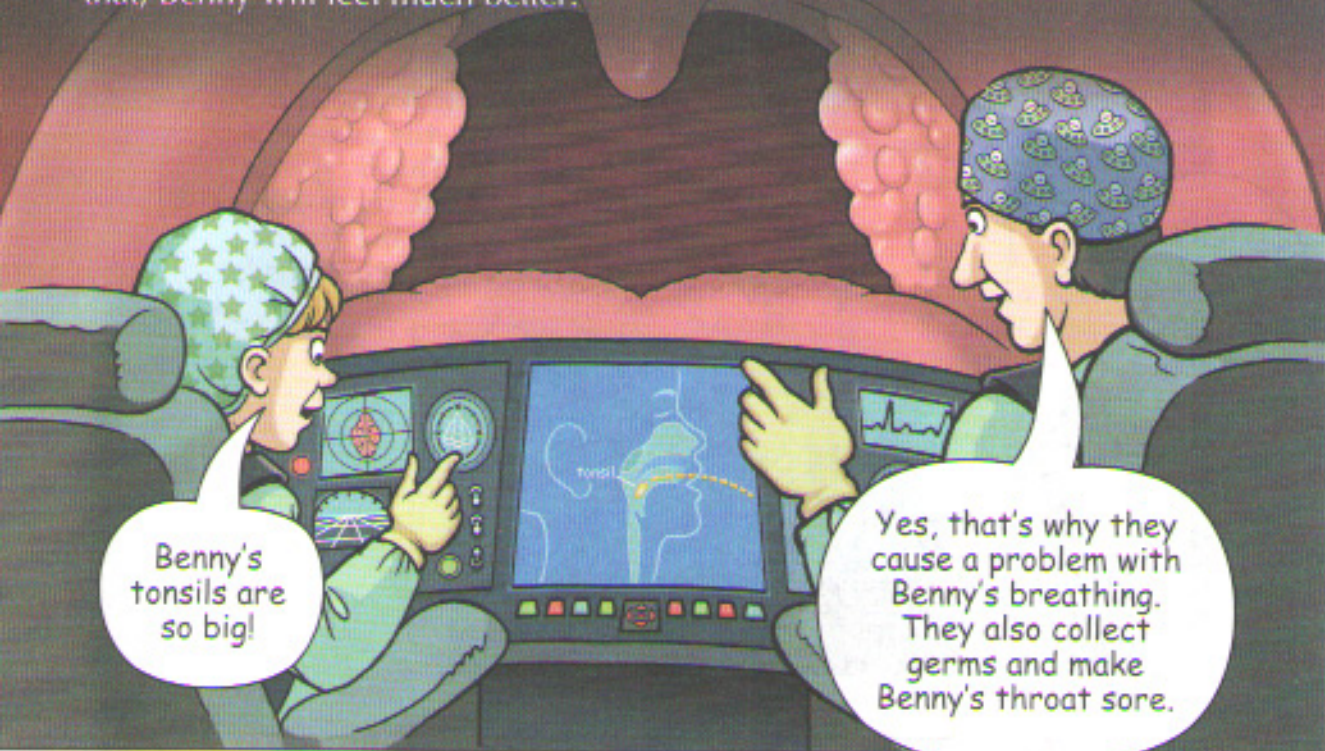
The Journey Begins...

In Benny's dream, Doctor Lawrence and Susie get ready. They need to get very small so they can fit inside Benny's mouth.

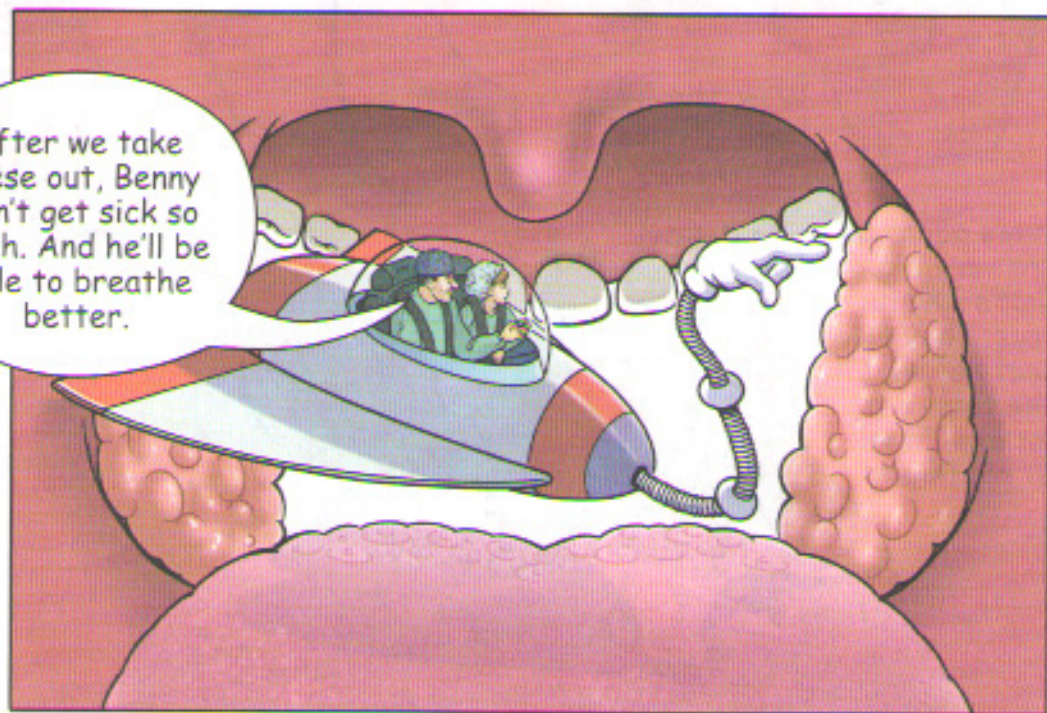


Benny's Tonsils

Benny's tonsils are sick. Doctor Lawrence will take Benny's tonsils out. This will make Benny's throat hurt for about 10 days. But, after that, Benny will feel much better!



After we take these out, Benny won't get sick so much. And he'll be able to breathe better.

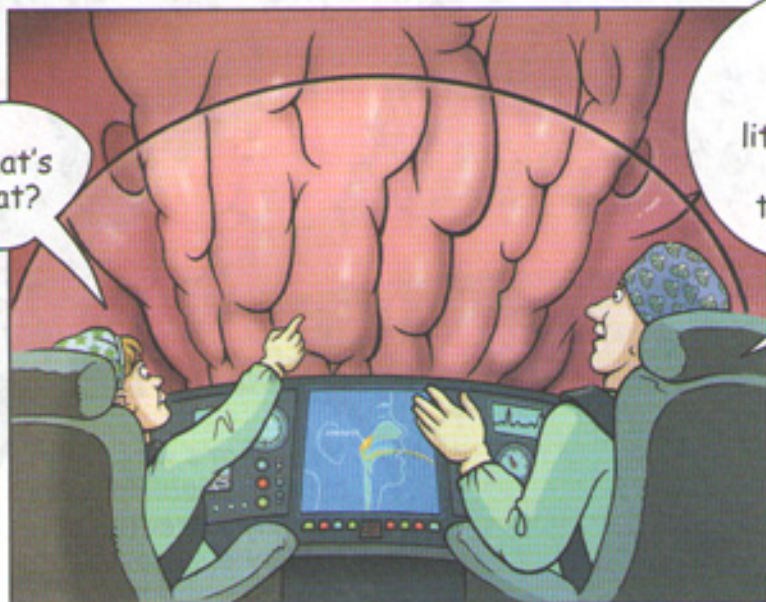


Benny's Adenoids

Once the tonsils are taken out, Doctor Lawrence and Susie fly to Benny's adenoids. Benny's adenoids are causing problems, just like his tonsils. So Doctor Lawrence will take Benny's adenoids out, too.

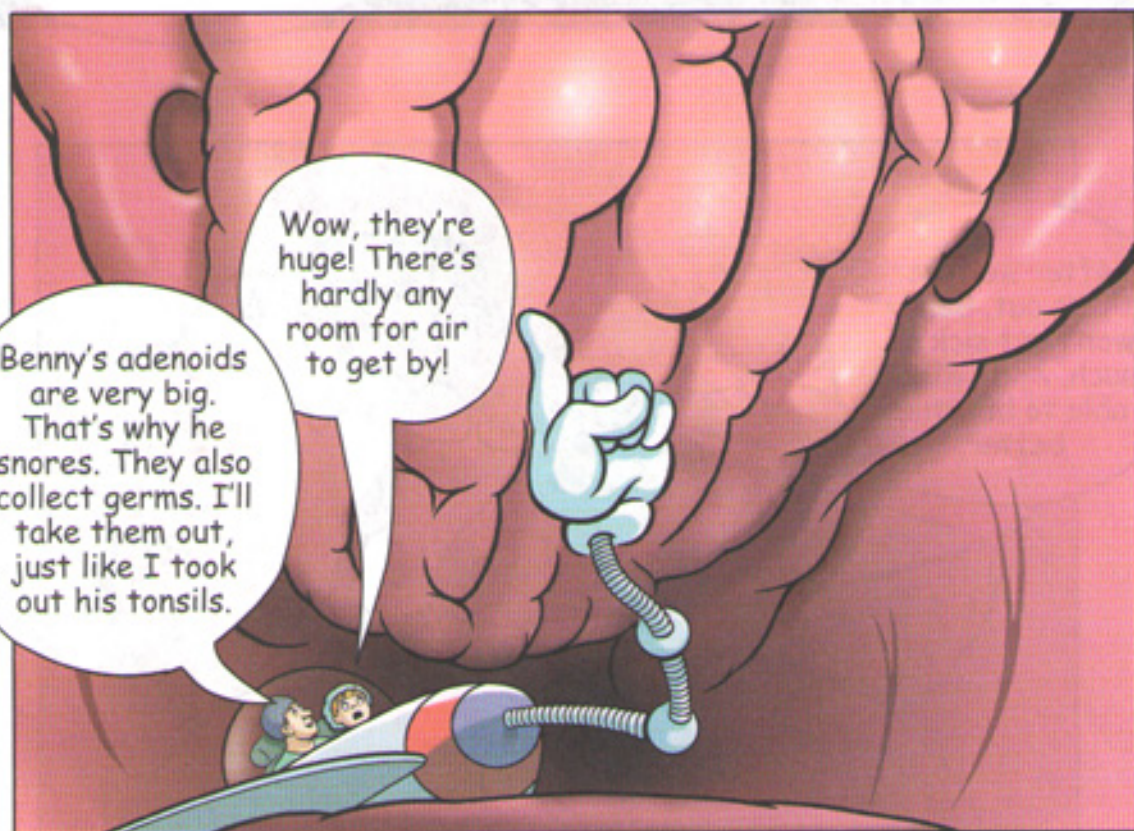
What's that?

Those are the adenoids! They're just a little farther back in the throat than the tonsils.



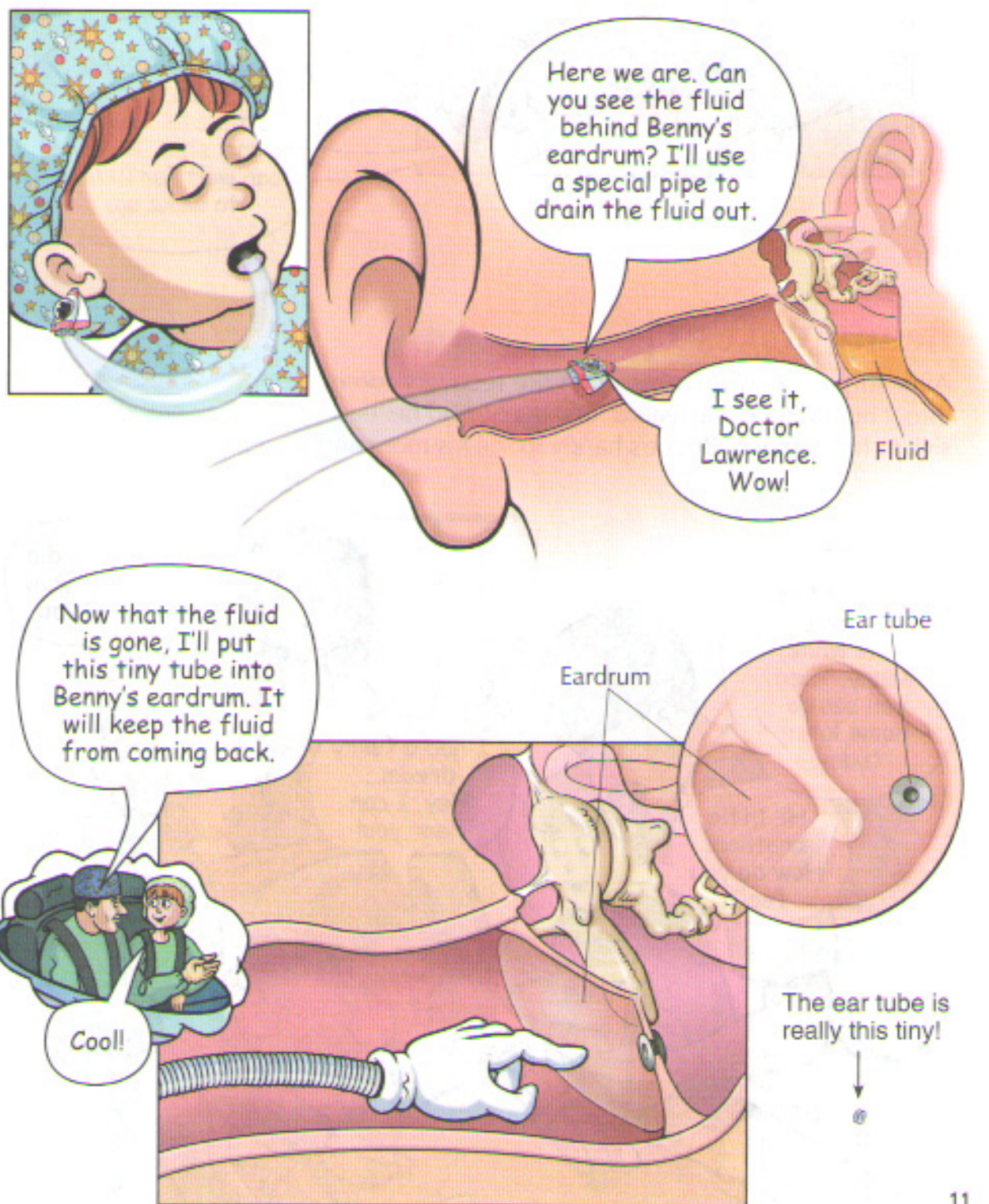
Benny's adenoids are very big. That's why he snores. They also collect germs. I'll take them out, just like I took out his tonsils.

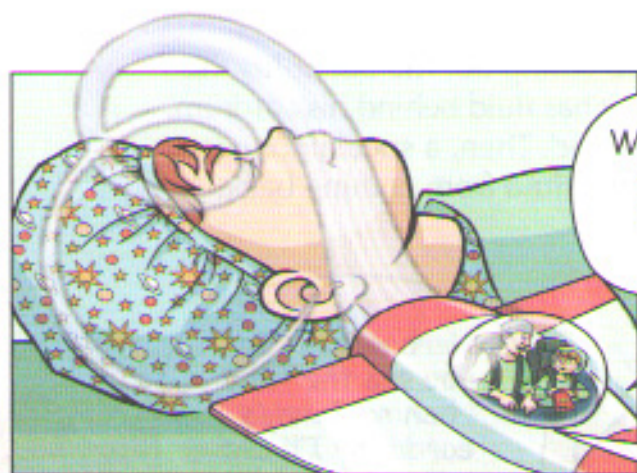
Wow, they're huge! There's hardly any room for air to get by!



Benny's Eardrum

When Doctor Lawrence is finished taking out the adenoids, he and Susie fly into Benny's ear. Benny has fluid behind his eardrum. Doctor Lawrence will take out the fluid. Then, a special tube is put into his eardrum to help keep the fluid from coming back.





We're all done.
And Benny
never felt
a thing!

Push the **GROW**
button, Susie,
to take us back to
normal size. Then we
can wait for Benny
to wake up.

Benny Wakes Up

After surgery, Benny wakes up in the recovery room. His throat hurts a little. He feels a little dizzy. And he feels a little sick to his stomach. But he's happy to see his mom and Susie.

You need to
stay here a
little while,
Benny. Then
you can go
home later
today.

Hi, little
brother.
How do you
feel?

I had a funny
dream...
Hey, I can
hear you!

Benny, you did
great! I'm very
proud of you.

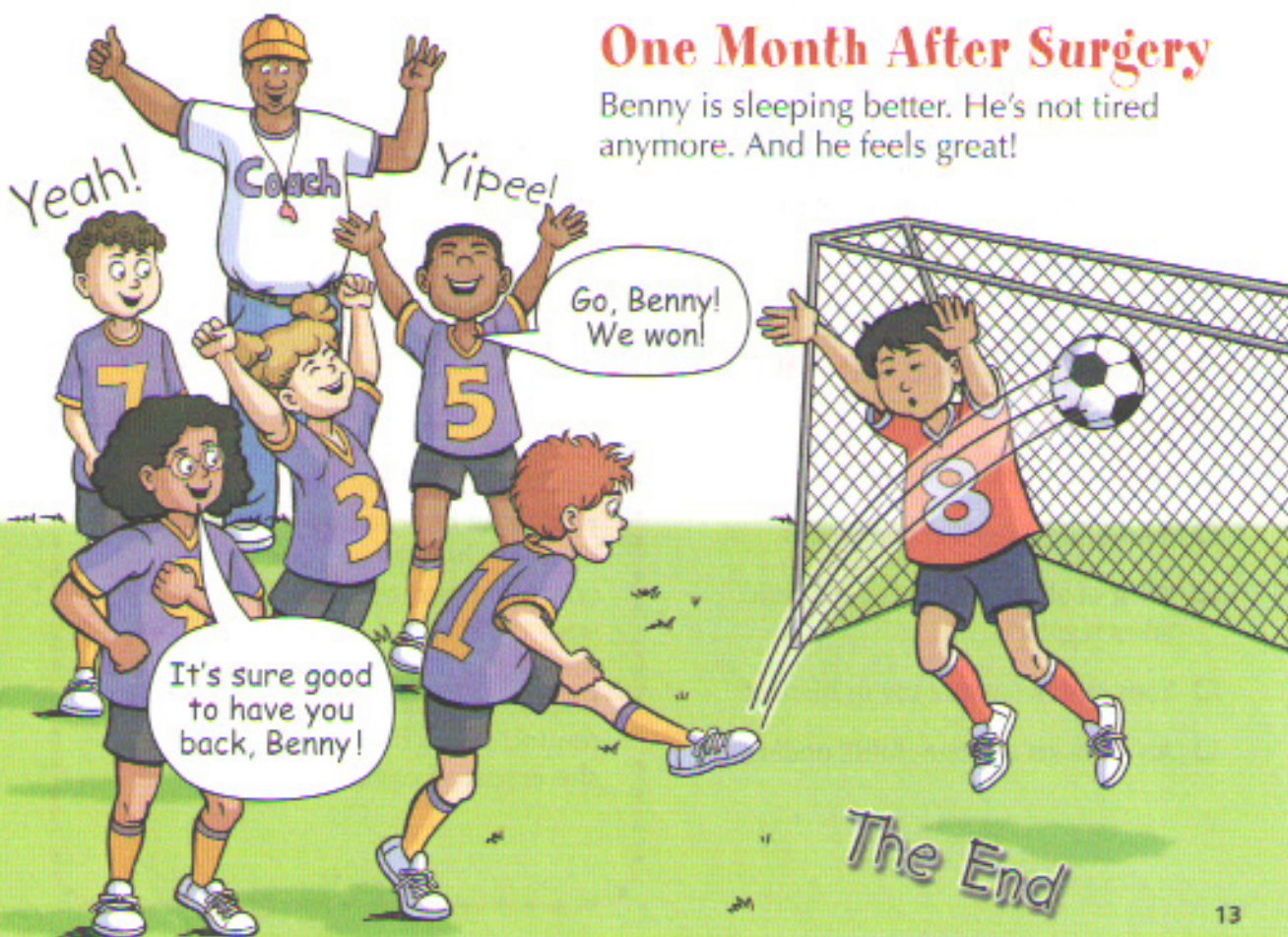
One Week After Surgery

Benny's throat is still sore. He eats soft foods and drinks lots of cold drinks to help it feel better. He should feel all better in another week or so.



One Month After Surgery

Benny is sleeping better. He's not tired anymore. And he feels great!



Notes to Parents

The steps you take before and after your child's surgery can help make the whole process easier. Have your healthcare provider check here the procedures your child needs:

- ☐ Tonsils taken out
- ☐ Adenoids taken out
- ☐ Ear tubes put in

Preparing for Surgery

- ☐ Write down all your questions so you don't forget them.
- ☐ If your child gets a fever, cold, or rash within the 48 hours before surgery, call the doctor. Surgery may need to be postponed.
- ☐ If your child's tonsils or adenoids will be taken out, stock up on cold drinks and soft foods for after surgery.
- ☐ Do not give your child ibuprofen, aspirin, or medication containing either ibuprofen or aspirin for 2 weeks before surgery.
- ☐ Tell the doctor if your child takes any prescribed or over-the-counter medications. Ask if the child should stop taking them before surgery.
- ☐ Ask your doctor how long before surgery your child needs to stop eating and drinking.
- ☐ The morning of surgery, dress your child in comfortable clothes. Remove any earrings, hairclips, or other jewelry your child wears.

What to Take to the Hospital

- ☐ Insurance cards or forms
- ☐ Your child's medical test results
- ☐ A list of all medications your child takes regularly
- ☐ Your child's favorite toy or blanket
- ☐ An extra set of your child's underwear

Keeping Your Child Calm Before Surgery

Your child will pick up signals from you about how scared to be. So don't let your child sense your worries. Be confident and optimistic. Reassure your child that everything will be fine. Talk about how the surgery can help solve your child's problems. And remind your child to tell you if he or she is scared or has questions.

After Surgery

You will be able to see your child soon after surgery. Your child will wake up in a recovery room. Highly skilled nurses provide care during recovery. Your child will most likely be able to go home within a few hours. Most children do fine, but any surgery involves certain risks. Your doctor can explain them to you.

After Tonsillectomy/ Adenoidectomy

- **Fluids:** Give your child lots of cold liquids for the first week or two. Water, non-citrus juices, and frozen juice bars are good choices.
- **Food:** Cold and/or soft foods are easiest to swallow. Try ice cream, gelatin, puddings, oatmeal, and mashed potatoes. Avoid hot, spicy, or scratchy foods.
- **Pain:** Your child's throat will be very sore at first. Pain may come and go over the next week or two.
- **Medications:** Give only the medications that your doctor suggests. Follow directions carefully. Don't give your child aspirin or ibuprofen for 2 weeks after surgery.
- **Rest:** Have your child take it easy and stay home for the first 2 weeks, or as instructed.

After Ear Tube Surgery

- **Pain:** Most patients have little or no pain after tubes are put in.
- **Water:** Ask your doctor whether to keep water out of your child's ears, and for how long.
- **Follow-up:** The tubes fall out on their own without pain. The holes usually heal on their own.
- **Future problems:** If hearing becomes poor again or ear infections don't stop, the ear surgery may need to be repeated.

When to Call the Doctor

Call the doctor if your child:

- Has a fever over 101°F (38.3°C).
- Has severe pain not relieved by pain medications.
- Has bright red bleeding from the mouth or nose.
- Stops urinating; won't drink.
- Has ear drainage for more than 48 hours after surgery.



While your child heals from tonsil surgery, white patches may appear in the throat. This is normal and is NOT a sign of infection.



The white patches should come off in a week or so, causing a little bleeding. To minimize bleeding and crusting, keep your child drinking lots of fluids. If bleeding persists, call the doctor.

Color Benny Playing Again

Benny is back to feeling good and having fun. He and his friends are missing just one thing. They need you to connect the dots, then color them in!



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