I am going to have my tonsils removed. My doctor thinks that will make me feel better. This means I have to go to the hospital and have surgery. My doctor and my parents want me to feel better and to be healthy. Being healthy is very important.

My tonsils are in my throat. They sometimes make me feel bad and have a sore throat. Sometimes, tonsils don’t get smaller like they should and the doctor has to take them out. Taking out my tonsils will help me to breathe and eat easier. It may even help me sleep better. My doctor may also take out my adenoids to help me even more.

When I get to the hospital or clinic, the nurse will help me get ready. I will put on a gown. I will have anesthesia, which is a medicine that will help me sleep. The doctor will remove my tonsils while I sleep. This is called surgery. It will only take about 20 minutes. I will sleep for a little while. When I wake up, my tonsils will be gone and I will have to rest.

After I rest, my parents will be able to take me home. I may need to rest for a day or two before I can start to eat and drink and play a lot. I will have to eat soft food and popsicles or ice cream. My parents will give me some medicine too. After my throat is all healed up, I will start to play and eat more again. I will be able to breathe and sleep better. I will be healthy and feel good.