



POSTOPERATIVE CARE INSTRUCTIONS FOR TONSILLECTOMY/ADENOIDECTOMY PATIENTS Age 12 years old and younger

Diet

It is extremely important that the patient drink large amounts of fluids daily for 2 weeks. There are no restrictions on what the patient can eat, but soft or semi-solid foods will likely be better tolerated. Failure to drink increases the risk of bleeding, increases nausea, and increases the pain felt in the throat.

Pain

With tonsillectomy, throat and ear pain are to be expected, possibly up to 2 weeks after surgery. Adenoidectomy patients often feel head and neck pain for up to 7 days after surgery.

Take prescribed medication as follows:

Children's Tylenol 10-15mg/kg/dose every 6 hours and alternate with **Children's Ibuprofen** 10mg/kg/dose every 6 hours.

For example: Tylenol at 9a.m., Motrin at 12p.m., Tylenol at 3p.m., Motrin at 6p.m., etc. Use the attached medicine log to help keep track.

Prednisolone: Take prescribed steroids 1 dose in the morning on days 2, 3, and 4 after surgery

Tetracaine Lollipops: Use between doses of Tylenol and Motrin for breakthrough pain. Do not chew the lollipop. Place back in container or bag between uses.

It is helpful to take medication with a little food to help with nausea. Again, drinking large amounts of fluids reduces pain most effectively.

Activity

It is recommended that strenuous activity be avoided for 2 weeks after surgery. This includes sports activities, bicycling, swimming, weightlifting, exercise, PE, recess, dance, gymnastics, etc. Patients may return to work/school as they feel able (usually 1 week for children, 2 weeks for adults). Notes will be provided for school or work with restrictions if needed upon request.

Bathing

The patient should avoid hot showers or baths for 2 weeks after surgery. Warm or cold showers or baths are acceptable.



Fever

A low-grade temperature (99-101) is common during the first 2-3 days after surgery. A fever over 100 may indicate that the patient is not drinking enough, and fluids need to be increased. If the fever exceeds 102, please notify the physician.

Bleeding

Small amounts of blood-tinged mucous from the mouth or nose are not uncommon. Any bright red blood should be reported immediately. In the event of bleeding from the mouth, the patient should hold extremely cold/ice water in the mouth consistently for a period of 30-45 minutes to help slow the bleeding. If bright red blood appears from the nose, you may use Afrin spray or drops in the nose.

Please contact our office at 478-743-8953 if you have any questions or concerns.

PLEASE ATTEMPT TO CONTACT OUR OFFICE FIRST SO THAT WE MAY ADVISE YOU APPROPRIATELY.
IF, FOR ANY REASON, YOU ARE UNABLE TO REACH OUR OFFICE OR YOUR SURGEON IN AN EMERGENCY,
PLEASE GO TO THE NEAREST EMERGENCY ROOM.



<u>Medication</u>	<u>Date</u>	<u>Time</u>