



## PEDIATRIC TONSILLECTOMY AND ADENOIDECTOMY

### Medications

- You may take Tylenol 10-15mg/kg/dose every 6 hours and alternate with 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 you keep track.
- You may be given a narcotic medication. Please be very careful with using these – using narcotics sparingly following surgery in children is the safest approach. Try to use only the Tylenol or Ibuprofen if possible.
- Resume all other medications unless otherwise noted.
- On day 3 after surgery, please take the one-time dose of the prescribed Decadron. This will help with post-operative pain control.

### Activity

- Allow sufficient time to recuperate and increase activities during the first post-operative week as tolerated.
- It is not unusual to miss 1 to 2 weeks of school.

### Diet

- Most kids like cold and soft foods the first week after surgery. Drink plenty of fluids (water, juice, dairy products, broth, ice pops, etc.).
- Often parents really have to encourage their child to drink. While this can be very frustrating to do, it is very important to stay hydrated.

### Other Helpful Information

- Since moisture helps soothe a healing throat, you may want to use a room humidifier.
- The tonsil area will become completely white. This is normal healing for the area.
- Many patients have bad breath after surgery, and this is normal.
- Many patients have ear pain after surgery. This is referred pain from the tonsil, and this is normal. It is unlikely to be an ear infection.
- Sometimes the pain does get a little bit worse before it gets better. This is not uncommon.
- During the first 24 hours, some tongue and uvula swelling and numbness may occur. This slowly resolves.



- Do not be alarmed by the presence of blood-tinged mucus or saliva, which is normal. However, IF THERE IS PERSISTENT BLEEDING FROM THE THROAT OR NOSE, CONTACT OUR OFFICE IMMEDIATELY.
- There may be some increase in mucus production in the nose. This is part of the normal recovery process. If there is a significant amount of mucus or crusting, you may use nasal saline spray (any brand) 2 to 3 sprays gently into each nostril 3 times per day.
- It is not unusual for the nose to remain congested or for snoring to persist immediately after surgery. This is part of the normal recovery process. As swelling resolves and healing occurs, the nasal passageways will become more open.

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