



PEDIATRIC TONSILLECTOMY AND ADENOIDECTOMY

Reasons for Surgery

- Treatment of sleep apnea: in most kids who are healthy weight, this surgery will treat the sleep apnea; however, there are some kids that still have apnea following surgery.
- Treatment of frequent tonsil infections.

Risks

- Bleeding is a risk following tonsillectomy. This happens 1-2% of the time following tonsillectomy. Most cases of bleeding are easy to control but sometimes it is serious, and the patient needs to go back to the operating room to control the bleeding.
- 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.

Post-Operative Care

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, Motrin at 12p, Tylenol at 3p, Motrin at 6p, etc. Use the attached medicine log to help you keep track.
- 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 one to two 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 a very frustrating to do, it is very important to stay hydrated.



Other Helpful Information

- 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.
- There may be some increase in mucus production in the nose. This is part of the normal recovery process.
- 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.