

HOME CARE AFTER ADENOIDECTOMY

GENERAL INFORMATION:

Your child may lack energy for several days, and may also be restless at night. This will improve over 3 to 4 days. It is quite common for your child to feel progressively worse during the first 5 to 6 days after surgery. Your child may also become constipated during this time for three reasons: he/she will not be eating his regular diet, he/she will be taking pain medications, and he/she may be less active.

DIET:

There are no dietary restrictions after adenoidectomy. It is important for your child to drink plenty of fluids. Offer your child a drink every hour he/she is awake. Your child may not feel like eating much for several days. This is okay as long as your child drinks lots of fluids. Signs that your child needs to drink more are when the urine is darker in color (urine should be pale yellow). A high fever that persists may also be a sign that your child is not taking in enough fluids. Please notify the doctor if your child refuses liquids during the post-operative period.

ACTIVITY:

The child should rest at home for the first 48 hours. Activity may increase as strength returns. Generally children is permitted to return to school approximately 2 to 3 days after an adenoidectomy, but it often takes a week for children to feel well enough to return to school.

PAIN:

It is common to have significant pain after surgery. It is common for the child to have a headache, neck pain and stiffness for a few weeks after surgery. Your child may not want to you turn his/her head or look upwards because of discomfort. Give regular doses of pain medicine as prescribed by Dr. Leatherman. Give over-the-counter ibuprofen (such as Motrin) every eight hours regularly. You can also give over-the-counter acetaminophen (such as Tylenol) every 4 hours as needed for additional pain relief. A chart is provided at with these instructions to help with picking the right dose for your child's weight.

An additional prescription pain medicine will be given that contains acetaminophen and a narcotic pain medicine. If over the counter ibuprofen and acetaminophen do not adequately relieve the pain, you may substitute the prescription pain medicine for the over-the-counter acetaminophen. **Do not give the prescription pain medicine and over-the-counter acetaminophen within four hours of each other, since both contain acetaminophen, and this may result in an overdose.** You can continue to use over the counter ibuprofen every 8 hours.

BAD BREATH/ SNORING:

Bad breath is very common due to the healing tissue at the operation site. It is common for the nose to have nasal congestion and drainage (which may have a bad smell) for several weeks after surgery. This may last between 2-3 weeks. It may be helped by propping up with pillows and using an ice collar. Turning on a humidifier at bedtime may lessen throat dryness caused by mouth breathing. Avoid over-the-counter mouthwashes (Cepacol, Scope, Listerine, etc.) - they tend to dry the throat and cause discomfort.



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BLEEDING:

On the day of surgery there should be no bleeding from the nose or mouth.. It is uncommon for you to notice any bleeding during the postoperative healing. If bleeding does occur, please call the doctor if it does not stop after a few minutes. If you are unable to reach the doctor quickly, please bring him/her into the emergency room.

FEVER:

It is common for a child to have a slight fever (99.0 to 101.0 under the arm) for the first few days following a tonsillectomy. Good fluid intake and acetaminophen (non- aspirin) will help keep the fever down. Usually the pain medication prescribed by your doctor will contain acetaminophen. If the fever is over 101 degrees under the arm (102 degrees oral) contact your doctor.

NAUSEA/VOMITING:

It is not unusual for the child to feel sick following a tonsillectomy. You will be given a medication prescription (suppository) you may have filled and use if the nausea continues at home. If your child is still vomiting the day after surgery you need to notify the doctor.

For Questions or Emergency Care:

Call the office at 864-2121 Monday - Friday 8:00am - 5:00pm

After-hours or **weekends** dial the office number and you will be directed to an answering service. You may need to speak with the ENT doctor on-call. In the unlikely event that you are not able to reach a physician, please go to the nearest emergency room if you feel there is a significant problem.

Your child's first postoperative appointment is scheduled for _____ at _____ a.m./p.m. in Dr. Leatherman's Clinic.



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Pain medications after adenoidectomy

	Ibuprofen 100mg/5ml	Acetaminophen 160mg/5ml
Weight	Give ibuprofen <u>every 8 hours regularly</u> with food	Use acetaminophen every 4 hours <u>as needed</u> for pain
21-24 lbs. 9.0-11.0 kg	4 ml	3 ml
25-31 lbs. 11.0-14.0 kg	5 ml	4 ml
32-37 lbs. 14.0-17.0 kg	7.5 ml	5 ml
38-44 lbs. 17.0-20.0 kg	8 ml	6 ml
45-50 lbs. 20.0-23.0 kg	10 ml	7 ml
51-57 lbs. 23.0-26.0 kg	10 ml	8 ml
58-64 lbs. 26.0-29.0 kg	12.5 ml	9 ml
65-70 lbs. 29.0-32.0 kg	15 ml	10 ml
71-77 lbs. 32.0-35.0 kg	15 ml	12 ml
78-81 lbs. 35.0-37.0 kg	15 ml	13 ml
82-88 lbs. 37.0-40.0 kg	15 ml	14 ml
89-96 lbs. 40.0-43.0 kg	20 ml	15 ml
97-110 lbs 45 kg	20 ml	15 ml
>110 lbs >50 kg	20 ml	15 ml



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