

HOME CARE AFTER TONSILLECTOMY AND ADENOIDECTOMY

Tonsillectomy is the removal of the tonsils. Adenoidectomy is the removal of the adenoids. Both surgeries may be done together or only one may be done.

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 after an adenoidectomy, and 10 to 14 days after a tonsillectomy. Recovery from an adenoidectomy alone is easier than recovery from a tonsillectomy. 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: not eating regular diet, taking pain medications, and less activity.

DIET:

It is important for your child to drink plenty of fluids the first 3 days. Offer your child a drink every hour he/she is awake. Most children don't feel like eating 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. As your child's appetite improves, solid foods and chewing should be strongly encouraged. Softer foods are preferable for the first two weeks to reduce risk of scratching the throat and causing bleeding. Whatever food is eaten, be sure to chew it well until it is soft.

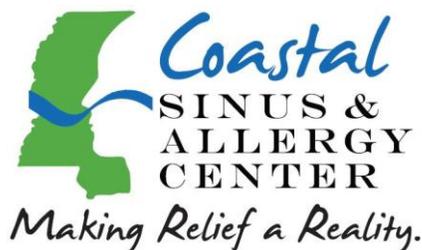
- Try soft foods preferably. If a more solid food is desired, make sure it is chewed well until becomes soft to swallow.
- Offer favorite liquids such as popsicles, slushes, and soft drinks to help increase fluids.

ACTIVITY:

The child should rest at home for the first 48 hours. Activity may increase as strength returns. Generally children return to school approximately 7 - 10 days following a tonsillectomy; and 2 to 3 days after an adenoidectomy. All children should avoid vigorous activity for 14 - 21 days after surgery.

PAIN:

Throat and ear pain can be severe after a tonsillectomy. It is common for the child to have neck pain, a stiff neck, and a headache. Your child may not want to turn his/her head or look upwards because of discomfort. Give regular doses of pain medicine as your doctor suggests. Chewing gum may be helpful in lessening muscle spasm. 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.



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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 in the back of the throat. It is common to have nasal drainage for a few weeks. Most children mouth breath and snore during the recovery period due to swelling. This may last between 2-3 weeks. It may be helped by propping up with pillows. Turning on a humidifier at bedtime may lessen throat dryness caused by mouth breathing. Avoid over-the-counter mouthwashes (Cepacol, Scope, Listerine, etc.).

BLEEDING:

On the day of surgery there should be no bleeding from the nose or mouth. We ask that you set your alarm and check the child at least once during the first night. Any significant bleeding will likely be apparent by looking in the mouth and around the nose without disturbing your child much. If you see any bleeding, sit the child upright and phone your doctor immediately. Sipping on cold ice water may help stop the bleeding. Between 5 and 10 days after surgery, a portion of the white or yellowish membrane (soft scab) may come off in the back of the throat. A small amount of bloody mucus may be spit up. If this continues after a few minutes, please call the doctor. 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:

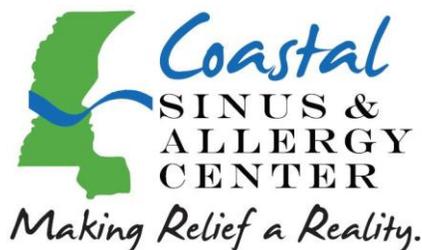
It is not unusual for the child to feel sick following a tonsillectomy. You will be given a medication prescription (suppository) you may have filled and use if the nausea continues at home. If your child is still vomiting the day after surgery you need to notify the doctor.

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 tonsillectomy and 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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