



Tonsillectomy/Adenoidectomy for Children

POST-OPERATIVE INSTRUCTIONS

INTRODUCTION

Please read and familiarize yourself with these instructions. By following them carefully, you will assist in obtaining the best possible result from your surgery. Please do not hesitate to ask any questions that should arise.

INSTRUCTIONS

1. For at least **TWO WEEKS AFTER** the operation, **DO NOT** allow the child to use any medicines containing **aspirin** or **ibuprofen** or any other medications unless approved by your Doctor.
 - Examples of medicines containing Aspirin include: Vanquish, Bufferin, Anacin, Bayer, Excedrin, Darvon, Ecotrin, Fiorinal, Norgesic, Percodan, Butalbital.
 - Examples of medicines containing Ibuprofen include: Motrin, Advil, Nuprin, Midol.
 - Examples of 'NSAID' medication include: Indomethacin, Orudis, Daypro, Relafen, Triolosate, Aleve (Naproxen), oruvil.
 - If you have any questions, please ask the Doctor.
2. For pain or discomfort, please give your child either Tylenol (acetaminophen) or any pain medications that your Doctor may prescribe.
3. Please continue to give the child any other types of medicines that may have been prescribed for you by your Doctor(s). If you have any questions regarding medicines that your child is now taking, please ask.
4. After the operation, pain is usually worse the first couple of days after surgery and then may gradually subside. Therefore, give pain medicine every four hours (when the child is awake) for the first several days. After that time, just give the medicine as needed.
5. Please be aware that the pain may be felt in the throat OR in the ears since the ear and the throat are affected by similar nerves. Also, pain from adenoid surgery may be felt in the back of the neck.
6. White patches may appear in the throat after surgery. Do not be alarmed, this is the normal 'scab' that occurs after tonsillectomy. Also, the uvula (that hangs in the back of the throat) may be swollen after surgery. The child may also have bad breath after the surgery; that usually resolves over two weeks.
7. If the adenoids were removed, uncommonly, liquids may come out of the nose while eating or drinking and the voice may sound 'nasally'. This problem is temporary and usually resolves gradually.

8. It is not imperative that your child eats in the first several days after the surgery. It is very important, however, that your child DRINKS PLENTY OF FLUIDS! So please force fluids.
9. Avoid fluids or foods that are hot, salty or spicy or that contain citrus juices. Avoid 'scratchy' foods (such as chips and pretzels) and avoid using straws.
10. Cold or cooler liquids and soft foods are tolerated much more easily (such as ice cream or ice pops).
11. It is hard to limit a child's activity but please encourage them to take it easy, especially the first few days after the surgery. Discourage any straining or strenuous physical activity until the Doctor states that it is okay to do so. No school for at least one week.
12. There may be a small amount of bleeding from the mouth or nose after this operation. Please call if a large amount of bleeding (greater than a teaspoonful) of bright red blood occurs or if bleeding continues for over a half hour.
13. Occasionally, nausea and vomiting occur after this surgery. The doctor may prescribe medicine to use if needed. If the vomiting continues for greater than a one hour period of time, or vomiting of a large amount of bright red blood occurs, please call.
14. Please call if a fever greater than 101.5°F develops; if brisk bleeding develops; or if you have any other concerns or questions.
15. Please follow up on _____ at _____ for further post-operative care.