



Post- Operative Instructions Tonsillectomy and/or Adenoidectomy

UNDER 7 YEARS OLD

Activity After Surgery:

- Due to the anesthesia, your child may be sleepy and unsteady. Please limit activity today.
- No strenuous activities for 2 weeks.
- Your child may return to school in 1-2 weeks

After You Leave:

- Do not give your child any medicines, over-the-counter drugs, vitamins, herbs or food supplements without first talking to your child's provider.
- Always give your child their medicine as directed by your provider.
- If your child needs antibiotics, give them until they are all gone even if your child feels better.

Diet:

- Initially after surgery, your child can have clear liquids, such as apple juice, Gatorade, popsicles, and Jello.
- After your child has tolerated clear liquids, a soft diet may be added, such as pudding, yogurt, ice cream, oatmeal, scrambled eggs, macaroni and cheese and mashed potatoes.
- Continue a soft diet for the first two weeks.
- Avoid hard and scratchy foods, as these may increase discomfort and risk for bleeding. No popcorn, corn chips, French fries, chicken nuggets, or nuts.
- Encourage frequent fluid intake. If your child is in pain or nauseated, offer sips every 5-10 minutes to avoid dehydration, as hydration is very important.
- **It is recommended that your child is to drink 4-6 ounces every hour while they are awake.**

Nausea/Vomiting:



- If your child vomits, hold all fluids for 30 to 60 minutes, then allow child to slowly sip clear liquids and follow the recommended progression as above
- If your child vomits 3 or more times in 24 hours, notify your provider for further instructions
- **If your child has signs of dehydration (no tears when crying, does not pee in 8-12 hours), call your provider!**

Pain/Fever:

- Your child will complain of differing degrees of throat pain and/or ear pain for 1-2 weeks.
- Pain is more easily controlled if it is treated when it first begins. Please follow the pain management instructions given to you by your provider.
- Your child may also have a slight fever (99-100F) a day or two after surgery.
- A slight fever can mean your child needs to drink more liquids.
- If your child's temperature is higher than 101 degrees, notify your provider immediately.

Pain Management:

- **If your child WAS prescribed Narcotic/ Opioid Pain Medication:**
 - You may give your child acetaminophen (Tylenol) every 4 hours and ibuprofen (Motrin/Advil) every 6 hours. You may alternate giving acetaminophen and ibuprofen.
 - For severe pain, give acetaminophen with Hydrocodone (Narcotic/Opioid Pain Medication) as needed every 4-6 hours as instructed on the bottle. For the first 3-5 days after surgery, it is recommended to wake your child at night to give narcotic/ opioid pain medication on schedule.
 - Do not give acetaminophen (Tylenol) at the same time as the Narcotic/Opioid pain medication because they both contain acetaminophen
 - You may alternate children's ibuprofen (Motrin/Advil) every 6 hours with narcotic/opioid pain medication if pain is not well controlled.



- **If your child was NOT prescribed Narcotic/Opioid Pain Medication:**
 - You may give your child acetaminophen (Tylenol) every 4 hours and ibuprofen (Motrin/ Advil) every 6 hours. You may alternate giving acetaminophen and ibuprofen.

Bleeding:

- The first day following surgery, you may notice some streaks of blood in your child's saliva, which is normal.
- The scab on the tonsillar area will fall off around the 7th to 10th day. You may notice an increase in pain as well as a small amount of blood when this happens.
- **If bleeding is more than 1 tablespoon at any time after surgery, go to the Emergency Department and contact your provider immediately. Recommended hospital is the Emergency Department at Children's Medical Center or call 972-984-1050 and ask for the "ENT provider on call".**

Other Information:

- Bad breath is common for several days after surgery
- The back of the throat will change with healing. Do not be concerned if the throat appears white and foamy.
- Your child may brush their teeth.
- Coughing and throat clearing may be done gently.
- Your child may cough due to nasal drainage.

Go to the Emergency Room If:

- Your child has difficulty breathing
- Your child has shaking chills
- Bleeding from mouth or nose
- Severe neck stiffness, especially if their neck is fixed in one position

Call ENT Clinic If:



- Your child has a temperature over 101F (38.5C)
- You have questions or concerns about your child's surgery or medicine.
- You think your child's medicines are not helping.

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