



Pediatric Tonsillectomy/ Tonsillectomy and Adenoidectomy

Post-Op Instructions



PAIN: Children will experience pain following a tonsillectomy. Pain medication will help but may not eliminate the pain completely. For the first three days following the procedure, children should take liquid Tylenol® (acetaminophen) and liquid ibuprofen regularly, alternating these two medications around the clock. Follow the dosing instructions on the bottle. Most children do better if they stay on the schedule through the night. After the first three days, these two medications should be continued on an as-needed basis. An ice collar around the throat can sometimes be helpful. Some children will experience referred pain to the neck, jaw and ears. This is common and should improve with medication.



FEVER: Your child may experience increased temperature following a tonsillectomy. This is quite common in the first 24 to 48 hours and can be a sign of dehydration. Push fluids as much as possible. If your child is lethargic or is not urinating adequately, IV fluids may be required.



DIET: Soft foods are recommended after a tonsillectomy. Avoid spicy, acidic, crunchy, or hard foods. Avoid straws, as this can increase the risk of bleeding. It is also reasonable to avoid red liquids (popsicles, juices). (These may create confusion if there is concern about postoperative bleeding.) Water, cold slushy drinks, popsicles, Pedialyte®, or Gatorade/Powerade® can all help maintain hydration. Some patients find that dairy products thicken their secretions and makes it difficult to swallow. However, a child who will take only dairy products will do better than a child who refuses all oral intake.



ACTIVITY: No strenuous activity, heavy lifting or bending for two weeks due to the risk of bleeding. This includes sports or physical education classes. However, your child should be up out of bed during the day and pursuing less strenuous activities.



TONSILLECTOMY SITE: There will be a wet scab in the back of the throat. This may take on a gray or yellow-green color. The scab typically produces bad breath. This odor is not a sign of infection. The scab will usually fall off in five to ten days. When the scab comes off, there may be some bleeding. If this occurs, have your child sip icy-cold water, and the bleeding will usually stop. If the bleeding persists for more than ten minutes, your child should be seen in the emergency room. In some cases, the bleeding may require cauterization. Following adenoidectomy, there may be spotty bleeding from the nose. Wipe as needed; this is an expected finding.



RETURNING TO SCHOOL: After a tonsillectomy, expect your child to require a week out of school—no sports or physical education activities for 14 days. If you need a note for school, our office will fax one for you.



FOLLOW-UP: Our nurses will call you the day following your child's procedure (Monday for a Friday procedure). We will see you in the office four to six weeks after the procedure. Please call us with any questions or concerns before your postoperative appointment.

WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2000, if you have any questions or concerns. We are happy to assist you.