



**VALLEY ENT**  
EAR, NOSE, THROAT & ALLERGY

## **Pediatric Tonsillectomy/Adenoidectomy**

This post-operative instruction sheet is designed to help you care for your throat after surgery and help answer any of the most common questions you may have. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office. You may call the office at: (559) 409-4720. If you are having a medical emergency, you should not hesitate to call 911.

### **What To Expect:**

- Sore throat can last up to 2 weeks. The first 7-10 days are usually the worst. Pain may subside and then increase after 4-7 days from surgery.
- Start the Tylenol (see dosing below) once you get home then every 6 hours after until you are not taking any other pain medicine for 24 hours, then you can slowly wean off during the day.
- Alternate the Tylenol and Motrin (see dosing below) every six hours so a medication is given every 3 hours. Motrin may increase risk of bleeding (see instructions below).
- Do not change the dosing or frequency of medications at night until tolerating during the day.
- You may cautiously use the narcotic pain medication (Liquid Oxycodone) every 6 hours if needed for severe pain that is not being controlled with Tylenol and Ibuprofen. Please monitor the first dose for 4-6 hours after given. While on Oxycodone, make sure you are still alternating Tylenol and Ibuprofen, even if they are not in pain.
- Start Dexamethasone (Decadron) the day after surgery every morning x 4 doses. Do not to crush the tablets - can have a very bitter taste. Put the tablets in a spoonful of something like ice cream, yogurt, pudding or mashed potatoes. The tablets will go down better with the food.
- You can expect to see grayish/white patches on the back of the throat where the tonsils were removed. Bad breath for a couple weeks is expected.
- Many people have ear pain after tonsil surgery as pain from the throat can refer to the ear. There is nothing wrong with the ear when this happens.
- Low grade fever of 99-100 degrees is common. You should call the office if your temperature rises above 102 degrees.
- Avoid heavy lifting (more than 20 lbs), exercise, or sports activities for 2 weeks.

### **Safety Information For Giving Medications:**

- Each time you give a medication, read the label
- Do not measure liquid with a kitchen spoon. There are pediatric measuring devices available at the pharmacy. Ask for one when you get your prescription filled.

- Use the exact amount ordered by your surgeon. If you have questions, ask the pharmacist.
- If you are giving medication to your child, always watch them take all of their medication
- Store all medications out of reach of children.
- Call California Poison Control if your child takes too much of any medicine at 800-222-1222.

### **Medication Dosing:**

- OTC (Over-the-Counter) Medications – Dosing recommendations on the bottle
- Acetaminophen (Tylenol) Dosing (160mg/5mL) at 15mg/kg
- Ibuprofen (Motrin) Dosing (200mg/5mL) at 10mg/kg

### **Nutrition:**

- You may eat or drink anything.
- Soft foods at room temperature or slightly cooled will probably be the most tolerable.
- Drink plenty of fluids every day. This will help with the discomfort and avoid dehydration.
- You may use a straw.

### **Bleeding:**

- Sometimes bleeding may occur from the mouth or nose as late as 10 days after surgery.
- The bleeding is typically not serious and can be managed at home.
- Stay Calm – your child will likely start to panic, worsening the bleeding, if they see you panic.
- Using Cold Water, OTC Afrin (Oxymetazoline), and Hydrogen Peroxide may help.
- Your child is able to gargle then:
  - o Gargle and spit in this order: cold water, hydrogen peroxide, cold water, then spray Afrin into the back of the throat. May repeat every 2-3 minutes if bleeding persists.
- Your child is not able to gargle then (No Hydrogen Peroxide):
  - o Sip cold water and then then spray Afrin into the back of the throat. May repeat every 2-3 minutes if bleeding persists.
- If bleeding occurs, stop using the Motrin, and please call the office to update us during business hours.
- If the bleeding is significant and persists you should go to the closest emergency room or call 911.

### **Follow-up Appointment:**

- If an appointment has not already been scheduled, please call the office to make or confirm your appointment.

**Important Phone Numbers:**

- Valley ENT Office: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000