



Tonsillectomy and Adenoidectomy Postop Instructions

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Important!

Do not leave your child alone this evening. Your child may be sleepy and unsteady from the anesthetic for up to 24 hours. Your child may look pale, have a red face or be slightly swollen around the face and eyes, but should feel better within 24-48 hours. There are many ways you can help your child after surgery.

Pain

Give your child pain medicine on a regular schedule as directed by the doctor for the first 24 hours even if your child does not complain of pain. This will keep him/her comfortable. Do not give aspirin or ibuprofen, which can increase the risk of bleeding. Watching a video, reading a book or listening to music may help your child relax. If your child had a regional block during surgery, he/she may experience weakness in the legs, try to keep your child from walking for 4-6 hours after surgery. If you think your child is in a lot of pain, please call your child's doctor.

Diet

When your child comes home after surgery, he/she may not want to eat or drink. Start by giving your child clear liquids such as apple juice, Sprite, Gatorade, tea, broth, Popsicle or Jell-O. Give him/her 1-2 ounces every hour while he/she is awake. If your child drinks clear liquids and does not vomit give soft food and then move on to his/her usual diet (avoid citrus and hot foods that might hurt his throat). If he/she vomits any food, start over with clear liquids. If he/she vomits more than three times, call your child's surgeon and give nausea medication as prescribed by the doctor. After giving medication do not give your child anything to eat or drink for 2 hours. Your child may not go to the bathroom for several hours after surgery. He/she may need help going to the bathroom for the first 24 hours. You should notify your surgeon if your child becomes uncomfortable and is unable to urinate 8 hours after the time of discharge.

Activities

Children usually know when they feel well enough to resume normal activities. At times they are the best judges of what they feel like they can do. Your child does not need to stay in bed at home. Do not allow your child to ride a bicycle,

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climb (as on a jungle gym) or participate in rough activities. Your doctor will tell you when your child can return to day care, school or sports.

Medication

Your child's doctor may prescribe an antibiotic to prevent infection, pain medicine or medicine to treat nausea. Depending on the type of surgery, your child may need eye drops, ear drops or an ointment for the surgical site. Continue any medication your child took before surgery as directed by the doctor.

Bathing

Your child may take a bath the same evening of surgery if there is no surgical incision. Depending on the type of surgery, your surgeon may tell you to give your child a sponge bath for the first 48 hours. Dry the area around the wound. If your child has a catheter or drain in place, give a sponge bath unless your doctor tells you a regular bath or shower is ok.

Wound Care

Keep the wound dry and clean. A little swelling is common following surgery and will go away. Apply antibiotic ointment as instructed by doctor. The small stripes of tape or glue over the wound will fall off in 5-7 days. The stitches under the skin will dissolve and do not need to be removed. Make sure the catheter or drain does not kink as that may obstruct the flow of drainage. Please make sure catheter or drain stays in place. If the drain or catheter falls out, call your child's surgeon immediately.

Emotional recovery

After your child's surgery, he/she may be tired or fussy. Use this time for rest and quiet activities. Tell your child that he/she will feel better soon. Your child may have a hard time going to sleep or may be more dependent (clinging) for several weeks after surgery. If you are concerned about these changes, call your pediatrician.

When to call your child's doctor

- If your child has trouble breathing
- If your child has a sore throat that gets worse or does not go away in 2 days
- If your child has a fever over 101 F for more than 24 hours
- If your child has increased pain which does not get better with pain medicine
- If your child vomits blood or vomits more than 3 times, and does not get better with medicine
- If your child has any bleeding or drainage from the surgical sites or may increase in redness or swelling
- If your child's catheter or drain falls out
- Call for a follow-up appointment as instructed by the surgeon

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Additional Postoperative Instructions

- Diet as tolerated.
- Quiet activities for 14 days.
- Antibiotics as directed.
- Acetaminophen (Tylenol) with Codeine for pain.
- Do not use aspirin, ibuprofen or Naprosyn (Aleve).
- Promethazine (Phenergan) for nausea or vomiting.
- Call office for post-op visit.
- Return to Children's Memorial Hermann Hospital if bleeding occurs.