

## **Post-operative care instructions following removal of Tonsils and Adenoids**

**The following instructions may answer many of your questions regarding your child after he or she has had surgery. However, do not hesitate to call if you have any other questions or if you are concerned about your child's condition.**

- **Physical Activity:** There are no limitations in activity. Your child may do whatever he or she feels up to doing but should take it easy for the first couple of days. Most children will return to school and other extracurricular activities about one week after surgery. However, they may return sooner if they are feeling up to it.
- **Diet:** *There are no limitations in diet following the surgery. In fact, children who eat and drink well have a quicker, easier recovery. They may eat or drink anything that they want... just as long as they eat and drink.*  
The more your child drinks, the sooner the pain will subside. Your child may eat whatever he or she will tolerate and is age appropriate. Ensure that your child is taking the pain medicine at regular intervals. This will make it easier for your child to eat.
- **Pain:** For the first several days following surgery, pain in the throat and ears is to be expected. This can be controlled with Tylenol and codeine or Tylenol (acetaminophen). A pain medication with a narcotic will be prescribed for your child following surgery and is very effective in reducing the pain. However, it does make some children feel nauseous or 'funny'. Many children will have the pain effectively managed with around the clock administration of Ibuprofen and or acetaminophen. Your doctor will review with you appropriate pain management prior to leaving the hospital.
- **Bleeding:** It is important to watch for bleeding following the surgery. There are two times when the risk for bleeding is greatest. The first occurs in the first 24 hours after surgery. The second occurs 5-7 days following the surgery as healing scabs on the tonsils fall off. Children who are well hydrated and are eating well will have less of a chance of this happening. If your child starts bleeding from the mouth, or vomits blood, call your doctor immediately or go to the nearest emergency room.
- **All children will have postoperative pain and discomfort following the surgery. Some of the common complaints following the surgery may include a very sore throat, neck pain, ear pain, fever, night terrors, nausea, very bad breath.**
- **Other common complaints following surgery:**  
*It generally takes children about 7 days to feel better following the surgery.* They can feel quite miserable and it is not uncommon to have many of the following complaints...
  - Fever, even up to 102. Ensure your child is receiving Tylenol. Please call us if your child has a persistent fever over 101.5 for more than 48 hours.
  - Horribly bad breath. This is very common following the surgery. It can last up to a couple of weeks. The antibiotic that your child will be taking will help to reduce the odor. You can also use breath mints or gum and ensure proper mouth care.
  - Snoring. Some children may snore initially following surgery. This occurs due to swelling and usually resolves in the first week.
  - Voice changes. It is common for children to have a temporary change in their voice. It will return to normal with time.
  - Stiff/sore neck. This may occur as a result of positioning during surgery. Warm soaks, Tylenol or Motrin and range of motion exercises of the head will help to reduce the discomfort.
  - Pain or popping in the ears.
  - Night terrors.

### **SITUATIONS THAT NEED MEDICAL ATTENTION**

- **If your child has any bleeding (from the mouth or nose or vomiting blood), go to the emergency room.**
- **If your child has not voided (peed) in 24 hours, please call us or go to the emergency room.**
- **If your child has a fever greater than 101.5 for more than 48 hours, please call us.**

### **FOLLOW-UP**

- All the postoperative visits are scheduled with one of our nurse practitioners. We would like to see your child three to six weeks following the surgery for a postoperative check. Please call (203) 245-0496 to schedule an appointment.

**If you ever have questions or concerns, we would be happy to talk to you or see your child at any time.**

**(203) 245-0496**