

## Tonsillectomy and Adenoidectomy Post-Operative Care Instructions

### EATING / DRINKING

- Keeping your child well hydrated is job #1
- Anything that contains liquid counts as drinking
- Soft, temperature cool, foods and drinks are best
- Ice cream, yogurt, smoothies, water, Gatorade, etc all count as drinking
- Softer foods such as mashed potatoes, macaroni & cheese, and softer meats are well tolerated
- Avoid hot foods (both spicy and temperature hot)
- Dairy products are fine

### PAIN CONTROL

- Alternate acetaminophen (e.g. Tylenol) and ibuprofen (e.g. Advil or Motrin) every three hours for the first 48 hours after your child's surgery "around the clock"  
This includes waking the child up every three hours for pain medicine at night for the 1st two night
- Liquid acetaminophen and ibuprofen are available at the pharmacy over-the-counter
- Dose is based on weight and is typically written on the bottle

Example routine:

3pm acetaminophen  
6pm ibuprofen  
9pm acetaminophen  
12am ibuprofen  
3am acetaminophen  
Etc.

- You will also be given or have sent to your pharmacy a prescription for *dexamethasone (Decadron)*, which will be started the day after surgery  
\*This medicine is given every other day starting the morning after surgery  
Ex: Surgery is on Monday, medicine is given Tuesday, Thursday, and Saturday  
It is a small tablet and they should be crushed and given with applesauce or chocolate syrup

### ACTIVITY

- NO exercise or strenuous activity for 14 days after surgery. This is critically important.
- NO activity that causes sweating
- NO swimming or 14 days
- NO travel outside of the metro Atlanta area for 2 weeks (or out of the country for 3 weeks)

**CALL 770-691-9000 with any bleeding**

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## COMMON ISSUES AFTER TONSILLECTOMY / ADENOIDECTOMY

- **Fever** - Low grade fever is part of natural inflammation after surgery. This can be as high as 102 degrees F and can last 2-3 days typically
- **Bad Breath** - Extremely bad breath is normal for 2 weeks after surgery
- **Nausea / Vomiting** - common after anesthesia. Call if this persists more than 3-4 times after surgery
- **Ear Neck Pain** - very common “referred pain”, especially in adolescents, warm compresses to the ears can sometimes help
- **Voice Changes** - temporary, usually higher pitched voice is common for a few weeks after surgery
- **Throat Appearance** - white / grey patches where the tonsils were are normal as part of the healing process

\*\*\* **TEENS THAT DRIVE** - Should not drive or work while taking narcotic pain medications

## MINIMUM FLUID INTAKE

Drinking is the most important thing for recovery from this surgery. Signs of dehydration include not drinking, not urinating (no wet diapers), and dry lips/mouth. Below are the minimum amounts of fluid your child should be drinking.

Weight (kg)	Weight (lbs)	Minimum / 24h
9 kg	20 lbs	15 oz
10 kg	22 lbs	16 oz
11 kg	24 lbs	17 oz
12 kg	26 lbs	18 oz
14 kg	31 lbs	19 oz
15 kg	33 lbs	20 oz
17 kg	37 lbs	22 oz
20 kg	44 lbs	24 oz
25 kg	55 lbs	26 oz
30 kg	66 lbs	28 oz
35 kg	77 lbs	30 oz
40 kg	88 lbs	32 oz

**1 oz = 29.5 mL**

**1kg = 2.2 lbs**

## WHEN SHOULD I CALL DR. WHITLEY?

- Bright red bleeding from the mouth or nose - call IMMEDIATELY FOR GUIDANCE 770-691-9000
- Fever >103
- Child stops drinking or is getting dehydrated
- Less than 3 wet diapers in 24 hours
- Vomiting more than 3-4 times after leaving the hospital
- Difficulty breathing or color changes (purple or blue)

**IN THE CASE OF EMERGENCY CALL 911 OR GO TO CLOSEST ER  
CALL US 770-691-9000 WITH ANY QUESTIONS OR CONCERNS**