

F. Anthony McLeod, M.D. F.A.C.S.

Southern Head and Neck Surgery

3368 Hwy 280- Suite G-15 – Alexander City, AL 35010 (256)329-1114

204 W. 1st St. – Sylacauga, AL 35150- (256) 249-7044

206 Medical Office Park – Talladega, AL 35161- (256) 761-1605

500 Hospital Drive- Wetumpka, AL 36092

www.southernheadandnecksurgery.net

Home Care after Pediatric Removal of Tonsils and Adenoids

What to Expect:

- Your child's throat will be very sore for 7-14 days.
 - Your child's pain may be worse the first few days after surgery, improve and then worsen around post-operative day #5 – 7.
 - Children will often complain of an earache after a tonsillectomy.
- Your child will probably run a low grade fever the first day or two (less than 101).
 - Children's acetaminophen (Tylenol) and Children's ibuprofen (Motrin/Advil) will help control this. Check the package for the dose and frequency.
 - The fever will be worse if your child does not have enough fluid intake and becomes dehydrated.
 - It is very important to keep your child well hydrated and to push fluids frequently at least every 30-60 minutes.
- Snoring and nasal congestion is common 5-7 days after surgery until the swelling goes away.
- A small amount of bleeding may occur from the mouth.
 - Between the 7th and 10th day after surgery, the surgery site goes through the final phase of healing.
 - At this time, your child may spit up a small amount of bloody mucous.
 - Your child may have a small amount of bleeding. If there is more than 1 teaspoon of bright red blood, or the bleeding won't stop, IMMEDIATELY go to the nearest emergency room and call the ENT office.
- Your child will have bad breath as the throat and adenoid sites heal. The odor comes from a white tissue that forms over the tonsil surgery site- this is not an infection. They may brush their teeth after surgery, but this will not make the bad breath go away. The odor will clear in 7-14 days as the throat heals.
- Nausea and/or vomiting are common after surgery. If nausea occurs, treat with a clear liquid diet, and advance as tolerated.
- Your child's voice may be high pitched after surgery especially in children over 3 years of age. It is temporary and should return to normal as the throat heals.
- Night terrors- occasionally a child will have some difficulty sleeping because of nightmares or night terrors. These can usually be controlled by reassurance at bedtime. If this does not resolve in 2-3 days, call the nurse at our office.

Diet:

- Keeping up with fluid intake is very important.
 - Liquids, i.e. popsicles, milkshakes, Gatorade, are the most important things for your child to have after surgery.
 - Your child will not want to swallow and may easily become dehydrated.
 - Some signs of dehydration include:
 - Decreased urine output,
 - No tears and/or dry mouth.
 - It is very important to keep your child well hydrated and to push fluids frequently at least every 30-60 minutes.
 - Your child should be urinating at least every 8 hours.

- Offer cool or room temperature fluids at least every 30-60 minutes
- Avoid acidic drinks, such as orange juice, as they may burn.
- Frequent, small feedings of soft foods will be easy to swallow. Avoid foods with hard edges such as potato chips and pizza crusts.
- Weight loss is common the first week.

Medication:

- Alternate Children's acetaminophen (Tylenol) and Children's ibuprofen (Motrin/Advil) every 3 hours. Check the package for the dose. Do this around the clock for 10 days.
- If you are given a prescription of Oxycodone, you may use it every 4-6 hours for breakthrough pain.
- You will also be given a prescription for oral steroids to be taken by mouth once a day for the first 3 days after surgery. This medication will help to reduce pain and swelling after surgery.
- For young children, usually less than 5 years of age, prescription pain medication may not be prescribed. Please alternate Children's acetaminophen (Tylenol) and Children's ibuprofen (Motrin/Advil) every 3 hours for pain relief. Check the package for dose.

Activity:

- Your child may not have as much energy as usual and may tire easily.
 - Avoid rough play, contact sports and any strenuous activity for 2 full weeks after surgery.
 - Mild activity is fine as tolerated.
 - It is important for them to be in a home environment for at least 1 - 2 weeks so they can rest and sleep as needed, and so that any problems can be taken care of quickly.
 - Children usually are able to return to school in 5 to 10 days after surgery.

YOU WILL RECEIVE A POST-OP FOLLOW UP CALL FROM THE ENT NURSE THE NEXT BUSINESS DAY AFTER SURGERY. THERE IS NO RETURN APPOINTMENT NEEDED FOR TONSILLECTOMY/ADENOIDECTOMY.

When to Call Your Doctor:

- Your child may have a small amount of bleeding. If there is more than 1 teaspoon of bright red blood, or the bleeding won't stop, IMMEDIATELY go to the nearest emergency room and call the ENT office.
- Temperature above 101 degrees for 24 hours
- Excessive nausea, vomiting, if your child has not urinated for longer than 8 hours or any concerns regarding dehydration.