

POST OPERATIVE CARE

PEDIATRIC TONSILLECTOMY

Prior to Surgery



Prepare for at least two weeks out of school or daycare for recovery.

Stock up on essentials such as: Jell-O, Gatorade, soups, popsicles, ice cream, noodles, juices, mashed potatoes, macaroni and cheese, and in general any favorite soft foods.

For children 13 years or younger, please have them wear a two-piece loose fitting pajama set. Also be sure to bring a bottle/special cup they like to drink out of and any comforting toy/blanket they may have.

The day before surgery, the surgery coordinator will notify you of the pre-admissions appointment

Please note that children under the age of three will be kept overnight for observation. Parents will be alerted and allowed to come back with their child if they are asking for you after surgery. The goal is to have the surgery to be as least traumatic as possible for the child.

For those over the age of three, you will stay in the outpatient surgery center for at least 2 hours for close monitoring once out of the recovery

After Surgery

Days 1-7 Ensure to drink plenty of liquids; It is essential to stay hydrated

Children should be woken up every three hours to drink fluids and take pain medication. This is important as consuming plenty of liquids will help to avoid dehydration and aid in pain management. It is very important to not sleep through the night without pain medications.

Setting an alarm is helpful to wake you up to drink fluids and take the prescribed dosage of pain medication.

Overall, children can have whatever they want to drink as long as they are drinking. Even Jell-O or Kool-aid.

Soft bland diet.

- During the first two weeks of surgery one should stay away from jagged, sharp, spicy, or acidic foods.
- *Do not use straws for beverages as it will increase pain.*

Days 4-7 *Be aware that typically the first few days of recovery are not that severe, however recovery symptoms begin to worsen on days 4-7.*

On day 8, pain generally will start getting better.

Tip: If your child is complaining of ear pain, this is usually referred pain from the tonsils.

Low grade fevers up to 101 are normal the first week after surgery- hydration is key during this time.

Days 7-10 *There is a 10%-15% chance that a developed scab will come off causing bleeding. (See below)*

*****IMPORTANT: Report the following immediately*****

- ◆ Bright red bleeding from the nose or throat. On days 7-10 there is a 10%-15% chance that a developed scab will come off. A warm metallic taste in your mouth, or you spitting up blood are signs of a postoperative bleed.
- ◆ The bleeding can, at times, be stopped by the following: gargle with ice water every 5 minutes, spitting in a bowl/bucket for over an hour.
- ◆ Signs the bleed has stopped is if you are coughing/spitting up clear colored products.
- ◆ If you are unable to adequately control your bleeding, ***please be seen by your surgeon immediately.***

During business hours (Monday-Friday, 8am-4pm); urgently call Mel Hodge at 828-263-5684

During the weekend or at night: please report to the **Watauga Emergency Room**

- ◆ Adverse reactions to any medications.
- ◆ Nausea or vomiting that is not relieved by taking nausea medication.
- ◆ Temperature greater than 102°F that persists for more than 24 hours and unrelieved by Tylenol or Motrin (fever reducers).
- ◆ Severe neck pain or inability to turn the head.

POST OPERATIVE CARE PEDIATRIC TONSILLECTOMY



Pain Management

Postoperative pain meds for days 1-7: your child can follow either plan

Take Tylenol and Ibuprofen together at the same time every six hours for pain. Ensure that your child does not go more than three hours without drinking. If you are unable to get your child to take both medicines at the same time, follow plan two.

Replace Tylenol with hydrocodone (narcotic pain med);

Take hydrocodone and ibuprofen together every six hours around the clock.

If this does not control their pain, you may increase the dose to hydrocodone every four hours and continue with ibuprofen every six hours.

It is recommended to take Zofran (nausea medication) when giving hydrocodone.

Beginning on day 8 after surgery, begin weaning off of hydrocodone and replacing it with Tylenol.

Days 8-9 it is recommended to give them hydrocodone at night.

Once the child has completely stopped hydrocodone, then you may begin to wean them off of Tylenol and ibuprofen.

Additional tips/notes***

Applesauce, cool whip, or pudding may be useful if swallowing pain medication becomes too difficult or painful. Simply crush the pills and mix with your preferred choice.

Side effects of oxycodone:

Itching (very common) - For this, take Benadryl every 4-6 hours, as needed to relieve itching.

Nausea - Zofran/ondansetron will be prescribed for this and can be taken every 4-6 hours.

Constipation (common) - it is recommended to purchase over the counter MiraLAX and begin taking after surgery. One should note that stool softeners are not generally effective for this side effect.

Contact our office for assistance

828-263-5684

Or After hours

1-800-893-6743

