



### **Post-Operative Instructions**

#### **Child — Tonsillectomy / Adenoidectomy**

- Take prescriptions as instructed. Use the prescription pain medicine as needed for pain. Do not take the prescription pain medicine if it is causing excessive drowsiness. You may use regular liquid Tylenol or children's motrin as per bottle instructions. However, the prescription pain medicine has Tylenol in it as well so you must wait until the next dose is due to avoid giving too much Tylenol. If your child has significant pain even while taking the prescription pain medicine then you may alternate the prescription pain medicine with children's motrin (ibuprofen) and stagger the doses so that pain medicine can be given every 3 hours. The dose of the children's ibuprofen should be given according to instructions on the bottle.
- Encourage your child to drink plenty of fluids to prevent dehydration. Water, milk, juice, or Gatorade are appropriate. Soft food will be less painful to swallow initially. This might include soup, jello, apple sauce, etc. Avoid hard, crunchy foods and hot/spicy foods because these will hurt more. Aside from this there are no restrictions on diet. Let your child eat what they like to eat and what they are most comfortable swallowing.
- Avoid strenuous activity for two weeks.
- Remain in town for two weeks if possible.
- Avoid using straws or putting any objects in the mouth that may poke the surgical sites.
- The following symptoms are normal after this surgery:
  - Sore throat and/or ear pain
  - Fever
  - Bad breath
  - Yellow or tan-colored film in the throat where the tonsils were.
  - Snoring sometimes is much improved even on the first night, but may not really get better until the throat heals and swelling goes down.
- Call our office number (972)253-4280 if your child experiences any of the following:
  - Bleeding from the nose or mouth or vomiting up blood. If this happens bring your child to the **Medical City Las Colinas Emergency Room (located at corner of MacArthur and Hwy 161)**. The address of this hospital is 6800 N. Macarthur Blvd. Irving, Texas 75039. Be sure and notify your ENT doctor on your way.
  - Signs of dehydration such as a dry mouth, decreased urination, and irritability.
  - Vomiting that lasts more than 8 hours.
  - Inability to swallow liquids.
  - Difficulty breathing.
  - Excessive sleepiness or lethargy—this may be a sign that your child's prescription pain medicine needs to be decreased.



**Metroplex**  
ENT & *Allergy*

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- Call Dr. Thomason's office number (972)253-4280 if you have any other questions or concerns that are not addressed on this page.