



Stephanie Jo Herrera, M.D.

Post-Operative and Discharge Instructions

Tonsillectomy & Adenotonsillectomy

Do not leave your child alone this evening. Your child may be sleepy and unsteady from the anesthetic for up to 24 hours. Your child may look pale, have a red face or be slightly swollen around the face and eyes, but should improve within 24-48 hours.

Pain: Give your child pain medication on a regular schedule as directed by the doctor for the first 24 hours, even if your child does not complain of pain. This will keep him/her comfortable. Do not give aspirin, which can increase the risk of bleeding. Most children's pain is controlled with Tylenol or by alternating Tylenol with Advil. If pain is severe and not controlled with over-the-counter medications, use the prescription hydrocodone/acetaminophen medication and alternate with Advil. Do not give Tylenol in addition to the prescription medication. Watching a video, reading a book or listening to music may help your child relax.

Diet: Start by giving your child clear liquids such as apple juice, Sprite, Gatorade, tea, broth, a Popsicle or Jell-O. Give him/her one to two ounces every hour while he/she is awake. If your child drinks clear liquids and does not vomit, give soft food and then move on to his/her usual diet (avoid citrus and hot foods that might hurt their throat). If he/she vomits any food, start over with clear liquids. If he/she vomits more than three times, call your child's surgeon. Your child may not go to the bathroom for several hours after surgery. He/she may need help going to the bathroom for the first 24 hours. You should notify your surgeon if your child becomes uncomfortable and is unable to urinate eight hours after the time of discharge.

Activities: Children usually know when they feel well enough to resume normal activities. At times, they are the best judges of what they feel like they can do. Your child does not need to stay in bed at home. Do not allow your child to ride a bicycle, climb (as on a jungle gym) or participate in rough activities for 14 days after surgery.

Bathing: Your child may take a bath the same evening of surgery.

Emotional recovery: After your child's surgery, he/she may be tired or fussy. Use this time for rest and quiet activities. Tell your child that he/she will feel better soon. Your child may have a hard time going to sleep or may be more dependent (clinging) for several weeks after surgery. If you are concerned about these changes, call your pediatrician.

When to call your child's doctor:

- If your child has trouble breathing
- If your child has a sore throat that gets worse or does not go away in two days
- If your child has a fever over 101°F for more than 24 hours
- If your child has increased pain that does not get better with pain medicine
- If your child vomits blood or vomits more than three times.

Call to make a follow-up appointment in three to four weeks