

PEDIATRIC OTOLARYNGOLOGY FACT SHEET TONSILLECTOMY & ADENOIDECTOMY

Prior to surgery:

For 7 days before surgery, DO NOT give your child any aspirin or aspirin gum. Alert the doctor's office if your child becomes ill during this period.

About the operation:

After the patient is under anesthesia, the mouth will be opened and examined. The tonsils and adenoids will be removed through the mouth. A small amount of bleeding will occur and will be stopped.

After the operation:

Ear and neck pain are common after the operation and your child may actually seem worse after 5-7 days. It is important to give your child pain medication around the clock immediately following surgery.

- Give acetaminophen (Tylenol) every 6 hours alternating with ibuprofen (Motrin) ever 6 hours. This way your child will be getting proper pain coverage ever 3 hours. For example, at 7 a.m. acetaminophen, 10 a.m. ibuprofen, 1 p.m. acetaminophen, 4 p.m. ibuprofen, and so on.
- Follow the directions on the package or the instructions given by your doctor regarding the appropriate doses of Tylenol. Tylenol is available in suppository form if your child is unable or unwilling to swallow. You do not need a prescription for Tylenol suppositories.
- A good general rule is to give your child a pain medication every 6 hours (alternating every 3 hours between ibuprofen and acetaminophen) while awake for the first 5-7 days when the discomfort is likely to be at its worst. The goal is to keep your child as comfortable and pain free as possible so he or she can take liquids and soft foods.

Your child may have fluid come out of his/her nose after drinking. This is due to a lack of muscle control in the throat. This usually stops after 3 weeks. Your child's voice may also sound different for several weeks after the operation.

All children lose some weight after the operation and they will soon regain it once their throat has healed.

- If you are concerned about your child's nutrition, a multivitamin may be considered.
- Pediasure or Sustacal or Boost liquid supplements can provide added nourishment.
- You may see white patches on the back of your child's throat. These are scabs, NOT a sign of infection.
- The scabs will fall off in about 7-10 days.

- Your child may have a small amount of bleeding from the nose or mouth when the scabs from the operation begin to fall off. If the bleeding lasts more than a minute or is more than a tablespoon or two of fresh blood, call your doctor.
- If you notice that your child is swallowing frequently, check the back of the throat for bleeding.
- Your child may have bad breath for several weeks.

Daily activities after the operation:

Your child may eat a normal soft diet for 14 days following the operation.

Prescriptions:

- An antibiotic: Take as directed for 10 days.
- Pain medicine: Tylenol and Motrin

When to Call the Doctor:

- Your child has bright, red bleeding that lasts for more than one minute or is more than 1-2 tablespoons of fresh blood.
- Your child has a fever higher than 102° F (39° C) by mouth/rectally, or 101° F (38.5° C) under the arm.
- Your child is not drinking.
- Your child is not urinating at least twice a day.
- Neck pain is causing your child to tilt his/her head or turn it to one side.
- Your child does not seem better after 2 weeks.

Follow-up appointment:

The follow-up appointment should be made 2-3 weeks after surgery. You can call the following numbers to make arrangements, depending on where your doctor saw your child before surgery:

- Duchossois Center for Advanced Medicine at the University of Chicago Medicine: 773-702-1865.
- The University of Chicago Pediatric Specialists at Merrillville: 219-756-1200
- The University of Chicago Specialists at Matteson: 708-748-2310



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