



MICHIGAN PEDIATRIC
EAR, NOSE, AND THROAT ASSOCIATES

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Tonsillectomy and Adenoidectomy Post- Operative Instructions

Most children take seven to ten days to recover from the surgery. Some may recover more quickly; other can take up to two weeks for a full recovery. The following guidelines are recommended:

Drinking: The most important requirement for recovery is for your child to drink plenty of fluids. Some patients experience nausea and vomiting after the surgery. This usually occurs within the first 24 hours and resolves on its own after the effects of the anesthesia wear off. Contact your provider if there are signs of dehydration (urination less than 2-3 times a day or crying without tears).

Eating: NO red colored or sharp foods for 1 week. The sooner the child eats and chews, the quicker the recovery. Tonsillectomy patients may be reluctant to eat because of throat pain; consequently, some weight loss may occur, which is gained back after a normal diet is resumed.

Fever: A low-grade fever may be observed the night of surgery and for a day or two afterward. Contact your provider if the fever is greater than 102

Activity: Activity may be increased slowly, with a return to school after normal eating and drinking resumes, pain medication is no longer required, and the child sleeps through the night. Travel on airplanes or far away from a medical facility is not recommended for two weeks following surgery.

Breathing: The parent may notice snoring, congestion, and mouth breathing due to swelling in the throat and nose. Breathing should return to normal when swelling subsides, 10-14 days after surgery.

Scabs: A scab will form where the tonsils and adenoids were removed. These scabs are thick, white, and can cause bad breath. This is normal. Most scabs fall off in small pieces five to ten days after surgery

Bleeding: With the exception of small specks of blood from the nose or in the saliva, bright red blood should not be seen. If such bleeding occurs, contact your provider immediately or take your child to the emergency room.

Pain: Nearly all children undergoing tonsillectomy/adenoidectomy will have mild to severe pain in the throat after surgery. Some may complain of an earache (so called referred pain) and a few may have pain in the jaw and neck.

Pain Control: Your child will be prescribed the following checked medications after surgery

- Acetaminophen/Tylenol: to be given every 4 hrs around the clock for the first couple of days then as needed
- Ibuprofen/Motrin: to be given every 6 hrs around the clock for the first couple days then as needed
- Oxycodone: to be given every 4-6 hrs for SEVERE pain only. May be given with Tylenol or Motrin.

If at any time of your child's recovery you have questions or concerns please do not hesitate to contact our office!

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