Pediatric Ear, Nose & Throat Specialists

POSTOP INSTRUCTIONS

TONSILLECTOMY & ADENOIDECTOMY

NORMAL POSTOP COMPLAINTS

- Moderate to severe throat pain and/or ear pain (ear pain may start 5 to 7 days later).
- Constipation for several days.
- May lack energy and/or be listless for several days. Third day may be the worse.
- Low-grade fever between 99-100 degrees for first 3-4 days (May be worsened by a poor fluid intake).
- May have bad breath for up to 3 weeks.
- Some nausea and vomiting.

CALL OUR OFFICE IF YOU NOTICE ANY OF THE FOLLOWING

OFFICE TELEPHONE # 727-329-5400

SURGICAL EMERGENCIES # 727-562-6858

- Fever greater than 102 degrees that does not respond to Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin).
- Persistent nausea or vomiting, or blood in emesis (vomit).
- Not enough fluid or food intakes. Call if not urinating at least 2 times a day.
- Bright red bleeding from mouth or nose. Call if any sign at all of bleeding. **(CALL 727-562-6858 AFTER HOURS)**

HOME CARE INSTRUCTIONS

- Encourage fluid intake at least every waking hour for the first 3 days after surgery. **PUSH** fluids such as popsicles, ice cream, jello, pudding, juice, water and Gatorade.
- If fever- think **DRINK.**
- No hard, crunchy foods for two weeks –**SOFT FOODS ONLY. NO pizza crusts/chips/or pretzels**.
- Take pain medication regularly-every four hours while awake for first 5-7 days.
- If not on prescription medicine, take Tylenol every 4 hours while awake for 7-10 days.
- NO aspirin- may use Ibuprofen the day after surgery as directed (Make sure doses are 6 hours apart).
- Rest at home for first 2 days.
- Avoid strenuous activity, rigorous play, or contact sports for 2 weeks.
- May return to school 7 days after surgery. NO Phys. Ed. class or recess for 2 weeks.
- Avoid travel for two weeks after surgery.

Notes/Questions:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____