

ROCKY MOUNTAIN PEDIATRIC ENT ASSOCIATES

Tonsillectomy & Adenoidectomy—Helpful Hints

Day 1

- Encourage pain medication every 4 hours while awake
- For the first 2-3 days we recommend giving pain medication every 4 hours, even through the night
- Tylenol suppositories are an alternative to prescription pain medication if your child is vomiting
- *Drinking fluids is most important*, a child should typically drink 12-24 ounces of fluid daily (watch urine output)

Day 2

- Continue pain medication as recommended above
- Continue to offer liquids often
- An increase in mucus is common, normal saline spray like Ocean or Salinex placed in the nose can help loosen mucus
- Avoid aggressive nose blowing, try a bulb syringe to gently suction out secretions

Day 3

- Continue pain medication (you may no longer need to wake during the night)
- Continue to encourage your child to drink
- You may notice your child has bad breath, this is common
- With a change in your child's diet constipation may occur, the prescription pain medication may also contribute to this—you may give your child MiraLax or Colase per package instructions, both medications to treat constipation are over the counter and can be purchased at your local drugstore or pharmacy

Day 4

- Continue pain medication
- Begin to promote chewing, try fruit flavored gum or gummy bears
- Remember this hurts!!!
- Continue to encourage your child to drink

Day 5

- Continue pain medication—you may switch from prescription medication to Tylenol if your child's pain appears to be well controlled
- Remember Day 5-8 may be tougher than right after surgery, as the scabs or "white patches," are beginning to separate

Day 6-9

- Continue pain medication as needed and encourage fluids
- Notify our office if you see bright red blood from your child's nose or mouth

Day 10

- By now the white patches should be getting better, you may still see them in the back of the throat, but hopefully the pain is improving

Your child may return to school approximately 1 week after surgery (when no longer taking prescription pain meds during the daytime), but may take up to 2 weeks to fully recover. Please keep in mind the above suggestions are a guide. Every child will recover differently from surgery.

Please call our office (303.301.9019) if you have questions.