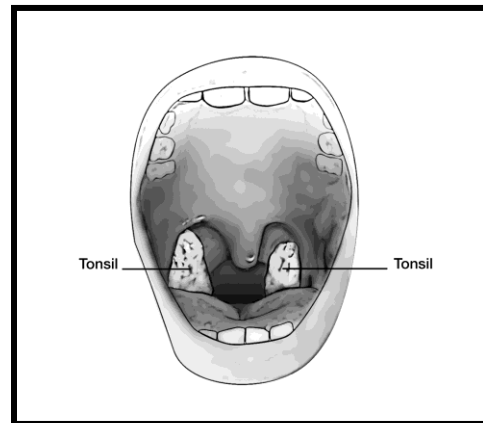
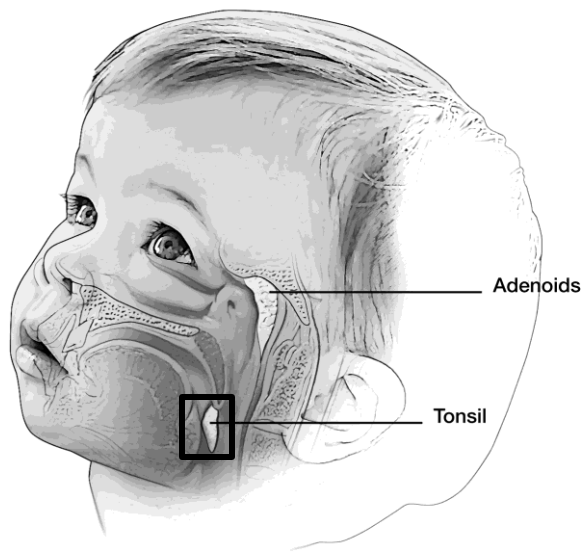


Tonsillectomy and adenoidectomy

What is tonsillectomy and adenoidectomy?

- A tonsillectomy removes the tonsils. The tonsils sit on both sides of the throat.
- An adenoidectomy removes the adenoids. The adenoids are inside the air passageway in the nose.



Why does my child need surgery?

Sometimes the tonsils and adenoids get infected with germs. When this happens, they can swell and grow bigger. Surgery may be needed when the swelling causes severe snoring or breathing trouble during sleep or when germs cause one infection after another.

What should I expect after surgery?

After surgery, your child may have:

Upset stomach – Your child may have an upset stomach after anesthesia (the medicine used to put them to sleep for surgery). To help your child's upset stomach, give them small sips of fluids like water, apple juice or sports drinks like Gatorade, Powerade or Pedialyte. Repeat the sips every 5 to 10 minutes until their stomach starts to feel better.

Fever and sore throat – A low grade fever (up to 101.5°F or 38.6°C) is common for the first few days after surgery, lasting no more than 5 days after surgery. Most children have a sore throat and trouble swallowing after tonsil surgery that may last 7 to 14 days.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Tonsillectomy and adenoidectomy, continued

To help your child feel better:

- Give your child medicine as advised by the doctor.
- Have your child drink plenty of fluids.

Your child may also have white, yellow or gray patches in the back of the throat for up to 2 weeks after surgery. This is a normal sign of healing.

Ear or neck pain – Your child may have pain in their ears or neck after surgery. This pain is actually coming from their sore throat and may last 7 to 14 days.

Bad breath – Very bad breath is normal. It will get better as the wounds heal. You may brush your child's teeth to help them feel better, but it will not lessen the bad breath.

Higher pitched voice – Voice change is normal after surgery. If it happens, it most often goes away in 2 or 3 weeks.

Bleeding – Bleeding is quite rare but can happen at any time during the first 2 weeks after surgery. The most common time for it to happen is 5 to 8 days after surgery. Bleeding can be **very serious** if not checked by a doctor. Take your child to the nearest emergency department (ED) if bleeding happens. Any amount of bright red blood, large clots or vomiting of blood is **NOT normal**.

How should I care for my child after surgery?

Always follow your doctor's advice when caring for your child. Some guidelines are listed here:

Activity – After surgery, your child may return to school in 7 to 10 days. Your child should **NOT**:

- Take part in any physical education (PE), swimming, sports or activities for 2 weeks.
- Travel out of state for 2 weeks or out of the country for 3 weeks.

Food and fluids – **Drinking is more important than eating after surgery.**

Give your child these items that are easy on the stomach:

- Any cold, non-fizzy drinks, such as water or sports drinks like Gatorade or Powerade. You may also use oral replacement fluids, such as Pedialyte or Enfalyte, for babies and toddlers.
- Juices, such as white grape, apple or pear
- Cold foods, such as Popsicles and Jell-O
- Salty liquids, such as broths and soups
- Soft foods, such as pudding, eggs, mashed potatoes, rice, and macaroni and cheese

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Tonsillectomy and adenoidectomy, continued

Avoid these items:

- Citrus fruits and juices
- Hot or spicy items, such as salsa or chili
- Salty foods, such as French fries and bacon
- Any foods with crispy edges, such as potato chips, pretzels and fried foods

If your child does not drink enough, they can become dehydrated. Some signs include:

- Does not urinate 3 or more times a day
- Does not have 3 or more wet diapers a day (for babies)
- Has dry lips and mouth
- Does not make tears when crying

Please call your child's doctor if you are concerned or have questions.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Tonsillectomy and adenoidectomy, continued

Please use the chart below for the least amount of fluid your child should drink in 24 hours. This is based on their weight.

Weight (kg = kilograms)	Weight (lbs = pound)	Breakfast by 10 a.m. (oz = ounces)	Lunch by 2 p.m. (oz = ounces)	Dinner by 6 p.m. (oz = ounces)	Total MINIMUM ounces in 24 hours
9 kg	20 lbs	5 oz	10 oz	15 oz	15 oz
10 kg	22 lbs	6 oz	11 oz	16 oz	16 oz
11 kg	24 lbs	6 oz	12 oz	17 oz	17 oz
12 kg	26 lbs	6 oz	12 oz	18 oz	18 oz
14 kg	31 lbs	7 oz	13 oz	19 oz	19 oz
15 kg	33 lbs	7 oz	14 oz	20 oz	20 oz
17 kg	37 lbs	8 oz	15 oz	22 oz	22 oz
20 kg	44 lbs	8 oz	16 oz	24 oz	24 oz
25 kg	55 lbs	9 oz	18 oz	26 oz	26 oz
30 kg	66 lbs	10 oz	19 oz	28 oz	28 oz
35 kg	77 lbs	10 oz	20 oz	30 oz	30 oz
40 kg	88 lbs	11 oz	22 oz	32 oz	32 oz
45 kg	99 lbs	11 oz	23 oz	34 oz	34 oz
50 kg	110 lbs	12 oz	24 oz	36 oz	36 oz
55 kg	121 lbs	13 oz	25 oz	38 oz	38 oz
60 kg	132 lbs	13 oz	27 oz	40 oz	40 oz
65 kg	143 lbs	14 oz	28 oz	42 oz	42 oz
70 kg	154 lbs	15 oz	29 oz	44 oz	44 oz

***NOTE:**

1 ounce = 30 milliliters (mL)

1 measuring cup = 8 ounces (oz) or 240 mL

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Tonsillectomy and adenoidectomy, continued

Medicines – Always give your child’s medicines as advised by the doctor. If you have questions after you get home, talk with your child’s doctor or your pharmacist.

- Your child’s doctor may prescribe a steroid medicine to help with swelling and pain.
- You may give your child acetaminophen (Tylenol or less costly store brand) for pain after surgery. Follow the directions on the box carefully, or ask your child’s doctor how much medicine to give.
- Talk with the doctor about whether you may give your child ibuprofen (Motrin, Advil or less costly store brand) for pain.
- **DO NOT** give:
 - Your child more than 5 doses of acetaminophen in a 24-hour period.
 - Acetaminophen to babies younger than 3 months of age without a doctor's advice.
 - Ibuprofen to babies younger than 6 months of age without a doctor's advice.
- Your child’s doctor may prescribe a narcotic (a stronger pain medicine).
- **DO NOT:**
 - Give your child narcotic pain medicine that has acetaminophen (such as Hycet or Lortab) within 4 hours of giving acetaminophen. Your child may get sick from too much acetaminophen.
 - Let your teen drive or operate heavy machinery while they take any narcotic pain medicine.

Please use the charts on pages 6 and 7 as guidelines for giving your child the correct dose of acetaminophen or ibuprofen (if advised by your child’s doctor). Talk with your child’s doctor if you have questions about which medicine to give and how much.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Tonsillectomy and adenoidectomy, continued

Acetaminophen dose chart

Ask the doctor, nurse or pharmacist to circle your child's correct dose on the chart below.

Child's weight Pounds (lb)	Child's weight Kilograms (kg)	Infant or children's liquid* (suspension) 160 milligrams (mg) per 5 milliliters (mL)	Meltaways 80 mg tablet	Junior meltaways 160 mg tablet
12 to 17 lb	5.4 to 7.7 kg	2.5 mL <u>or</u> ½ teaspoon (tsp)	Do not use	Do not use
18 to 23 lb	8.1 to 10.4 kg	3.75 mL <u>or</u> ¾ teaspoon (tsp)	Do not use	Do not use
24 to 35 lb	10.9 to 15.9 kg	5 mL <u>or</u> 1 teaspoon (tsp)	2 tablets	1 tablet
36 to 47 lb	16.3 to 21.3 kg	7.5 mL <u>or</u> 1 ½ teaspoons (tsp)	3 tablets	1½ tablets
48 to 59 lb	21.8 to 26.8 kg	10 mL <u>or</u> 2 teaspoons (tsp)	4 tablets	2 tablets
60 to 71 lb	27.2 to 32.3 kg	12.5 mL <u>or</u> 2 ½ teaspoons (tsp)	5 tablets	2 ½ tablets
72 to 95 lb	32.7 to 43.1 kg	15 mL <u>or</u> 3 teaspoons (tsp)	6 tablets	3 tablets

***NOTE:**

Use the syringe or medicine cup that comes with the medicine. Do **NOT** use a kitchen teaspoon or tablespoon to measure your child's medicine.

Also, you may see the word "suspension" on your child's medicine bottle. Shake the medicine well before giving it to your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Tonsillectomy and adenoidectomy, continued

Ibuprofen dose chart

Ask the doctor, nurse or pharmacist to circle your child's correct dose on the chart below.

Child's weight Pounds (lb)	Child's weight Kilograms (kg)	Infant drops* 50 milligrams (mg) per 1.25 milliliters (mL)	Liquid* (suspension) 100 mg per 5 milliliters (mL)	Chewable tablet 50 mg	Junior chewable tablet 100 mg
18 to 23 lb	8.1 to 10.4 kg	1.875 mL	Do not use	Do not use	Do not use
24 to 35 lb	10.9 to 15.9 kg	2.5 mL	5 mL <u>or</u> 1 teaspoon (tsp)	2 tablets	Do not use
36 to 47 lb	16.3 to 21.3 kg	Do not use	7.5 mL <u>or</u> 1½ teaspoons (tsp)	3 tablets	1½ tablets
48 to 59 lb	21.8 to 26.8 kg	Do not use	10 mL <u>or</u> 2 teaspoons (tsp)	4 tablets	2 tablets
60 to 71 lb	27.2 to 32.2 kg	Do not use	12.5 mL <u>or</u> 2½ teaspoons (tsp)	5 tablets	2½ tablets
72 to 95 lb	32.7 to 43.1 kg	Do not use	15 mL <u>or</u> 3 teaspoons (tsp)	6 tablets	3 tablets

***NOTE:**

Use the dropper, syringe or medicine cup that comes with the medicine. Do **NOT** use a kitchen teaspoon or tablespoon to measure your child's medicine.

Also, you may see the word "suspension" on your child's medicine bottle. Shake the medicine well before giving it to your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Tonsillectomy and adenoidectomy, continued

When should I call the doctor?

Call the doctor if your child:

- Has any bright red bleeding from the mouth or throat. Bright red bleeding may need treatment **right away** – **call your child's doctor**. If the doctor directs you or if you cannot reach the doctor, go to the nearest ED to have your child checked.
- Has a fever higher than 101.5°F (38.6°C) or as advised by the doctor.
- Stops drinking fluids.
- Does not urinate at least 3 or more times in 24 hours.
- Does not have at least 3 or more wet diapers in 24 hours (for babies).
- Vomits (spits up) more than 3 or 4 times after going home.
- Vomits for more than 24 hours after surgery.
- Has any signs of breathing problems, such as:
 - Fast, shallow breathing
 - Works hard to breathe
 - Chest retractions (skin pulling in around ribs and chest when breathing)
 - Grunts when taking a breath
 - A blue or dark purple color to the nails, lips or gums
 - Wheezing or uncontrollable coughing

Call your child's doctor if you have any questions or concerns about how your child looks or feels.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.