



Potomac Ear, Nose & Throat, PLLC

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Post Operative Instructions

Tonsillectomy & Adenoidectomy

As your provider has explained, there are risks associated with this procedure that include: bleeding, infection, halitosis, voice changes, recurrence, dehydration, sore throat, and need for more surgery.

1. Children are to expect some mild to moderate pain for 3-4 days after surgery. They are to take pain medications as noted on the following page. There can be worsening of pain 2-3 days after surgery. Adults experience more pain than children so please take your pain medications as prescribed by your doctor.
2. Patient's are to observe the 3 C's to prevent bleeding or dehydration:
Clear, cool, and cold.
The more the patient drinks, the better their throat will feel. It is also not uncommon for the patient to feel nauseated for a few days after surgery due to the anesthesia.
Avoid any hard/crunchy/spicy/sour foods that might irritate the throat.
3. Call your doctor if there is a fever over 101.5 for more than two days; however expect low grade fevers a few days after surgery.
4. Please call your doctor *immediately* if there is bleeding from the throat.
5. Patient's may also notice changes in the tongue and back of the throat. It is normal for patient to have yellowing or whitening in the oral cavity. Do not be alarmed, this means you are healing properly.
6. It is also not uncommon for the patient to experience halitosis or also known as bad breath, referred ear pain, or mild nasal congestion.

Please call our office to schedule the patient's first Post-Op visit 3-4 weeks after surgery.

Post operative pain control

Younger Children should be given Tylenol Elixir (acetaminophen) based on weight every 4 hours. It is best to give the pain medicine every 4 hours in the first 3 days to stay ahead of the pain. See below chart for recommended dosages.

If this does not seem to control the pain, you may add Motrin elixir (ibuprofen or advil) in between the Tylenol doses, but this cannot be given more than every 6 hours. See below chart for recommended dosages.

If pain is still poorly controlled, you may alternate Tylenol and Motrin every 3 hours.

Children's:		Tylenol (Acetaminophen)		Motrin (Ibuprofen)	
weight		Can be given every 4 hours		Can be given every 6 hours	
lbs	kg	mg	Elixir (160mg/5mL)	mg	Elixir (100mg/5mL)
20	9	130	4 mL	80	4 mL
30	14	200	6 mL	120	6 mL
40	18	270	8 mL	160	8 mL
50	23	330	10 mL	200	10 mL
60	27	400	12 mL	240	12 mL
70	32	470	14 mL	300	15 mL
80	36	540	16 mL	340	17 mL
90	41	600	18 mL	400	20 mL

Older children and Adults will be prescribed Hycet Elixir (acetaminophen/hydrocodone). Please follow instructions as prescribed by your doctor. It is advisable to take the prescribed dosage every 4 hours in the first 3 days to stay ahead of the pain.

Because Hycet elixir is a narcotic, it is best taken with food to prevent nausea.

If this does not seem to control the pain, you may add Motrin elixir (ibuprofen or advil) in between the Tylenol doses every 6 hours