

POST-OPERATIVE INSTRUCTIONS & MEDICATION – TONSILLECTOMY (PEDIATRIC)

Pain Control

- Tylenol (15 mg/kg) every 6 hours.
- Ibuprofen (10 mg/kg) every 6 hours.
- Please alternate Tylenol and Ibuprofen so patient gets one of them every 3 hours. Recommend using these around the clock for the first few days to stay on top of pain. Then they can start taking them on an as needed basis for pain.
- **Your child weighs _____ kg**

Steroid Prescription

- Prednisolone (1 mg/kg up to max dose of 60 mg) each morning for 5 days. Please start the morning after surgery.
 - Note: This is not a “necessary” medication, but it does decrease inflammation and can help with symptoms during recovery if taken as recommended. Your child will still heal well if they don’t take this medication. Please take with Dr. Sheffield if you have questions.

Activity

- Most every day activities are fine. Recommend avoiding doing things that would increase pressure in the head (like wrestling or hanging upside down) for 2 weeks after surgery.
- **Recommend sleeping with head of bed elevated (on a couple of pillows or in a recliner) for first night after surgery.** This will help decrease inflammation. It is reasonable to have the child sleeping in the same room as care provider for the first night after surgery.

Diet

- Soft diet of 2 weeks. Avoid crunchy, sharp-edged foods that can irritate the back of the throat.
- **Drink plenty of fluids** to stay well hydrated. This will help with pain as well as decreasing risk of bleeding. Ice cream, jello, popsicles, smoothies, etc. count as liquids!

Note: Antibiotics are not routinely needed after tonsillectomy. It is normal to have **bad breath** while healing. It is also normal to have white/yellow in the back of the throat where the tonsils were (these are the ‘scabs’). These things do not mean there is an infection.

Please contact Dr. Sheffield or go to the ER if there is any bleeding, or if there is concern for not drinking enough and getting dehydrated.

Follow up in 1 month. If things are going great, you may elect to just follow up as needed. If you have questions or concerns, please contact the ENT department during normal weekday hours; for nights and weekends, feel free to call Quincy Medical Group main operator, and they can help you get in touch with us.

Your prescriptions were e-prescribed to: _____