

POST-OPERATIVE INSTRUCTIONS & MEDICATION – TONSILLECTOMY
WITH TURBINATE REDUCTION (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 talk with the doctor if you have questions.

Nasal Care

- It is normal to have some bloody drainage from the nose into this evening and sometimes until the next morning. Feel free to replace drip pad or cotton balls in nose to catch drainage if needed. For persistent bleeding, may use 1 spray of nasal decongestant spray (Afrin or similar; active ingredient is Oxymetazoline) in each nostril every 2 hours for the first day and night after surgery.
- Use 1-2 sprays/drops of nasal saline spray/drops (kids often do better with drops) in each nostril 2-3 times per day for 1 week to help keep the nose moist.

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.
- If this was an outpatient procedure (as most tonsillectomies are), **recommend sleeping with head of bed elevated (on a couple of pillows or in a recliner) for first night after surgery.** 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. **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!

Please contact your doctor 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 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: _____