

# Statesboro ENT & Sinus Center, LLC

## Lincoln H. Lippincott, M.D.

Dear Parent(s):

The following instructions should answer many of your questions regarding your child's recovery following surgery. While these guidelines may answer most of your questions, do not hesitate to call Dr. Lippincott if you have any questions or concerns about your child's condition.

Following tonsillectomy and adenoidectomy (T&A):

- Your child should be on a strictly soft diet for a minimum of 2 weeks. For example, soft foods include ice cream, popsicles, milkshakes, smoothies, jello, pudding, mashed potatoes, soup, grits, etc. *Absolutely avoid any food with sharp edges or that has to be chewed (pizza, pretzels, potato chips, french fries, etc.)!*
- Regular activity is fine following surgery. All contact sports, however, should be avoided during the first 2 weeks after surgery. Just use your best judgment as to when they are ready to return to school.
- Your child will have a **VERY SORE** throat for anywhere from 2 days up to 2 weeks. Referred ear pain is also common. For those under 65 pounds, Codeine is no longer advised. Current recommendations are to use Tylenol (15mg/kg) every 5 hours for the first 3 days following surgery, and Ibuprofen (10mg/kg) every 8 hours until pain resolves, beginning the day after surgery. A single dose of steroids will be prescribed to be taken on the third day after surgery. Older children and adults will be given ample narcotic pain medicine (usually hydrocodone). All home medications need to be given in a liquid form or crushed; this will prevent irritation to the raw areas. If any pain or discomfort persists past 2 weeks, consult with your physician.
- During the first one or two days, there may be some blood-tinged mucous or saliva. This is normal. If bleeding turns on like a faucet from the nose or mouth, call your doctor immediately. If it is after business hours, go straight to the nearest ER, calling us while in route if possible. There is about a 1% risk of serious bleeding following tonsillectomy, and far less for adenoidectomy. For significant bleeding, a return to the O.R. or even a blood transfusion may be necessary. Though scary, this is **not** life threatening! Also, don't worry about getting a red tongue from a Popsicle, you will know the difference!
- A low-grade fever may occur in the first week and should be treated with Tylenol (acetaminophen) or Ibuprofen. If the fever persists consult your physician.
- You will **not** be given a prescription for an antibiotic to take after surgery (it is not necessary). Antibiotics will be given in the OR prior to surgery. If you look at the operated site, be aware that in the healing process a whitish covering forms. *(It is **NOT** infected. Hint: Don't look!)*
- Your child will need to see the physician for follow-up care. Arrange to see your physician three (3) weeks after surgery. Appointments can be made by calling (912) 681-7368. If you have any questions or problems, feel free to contact us.