

# NICOLE KLEIN MD

## ENT / FACIAL PLASTICS

**Otolaryngology Associates**  
**ENT & Face, Head & Neck Plastic Surgery**  
[www.otolaryn.com](http://www.otolaryn.com)  
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### **Post-Operative Instructions - Pediatric Adenoidectomy or Tonsillectomy & Adenoidectomy**

1. Your child should rest at home for the first two to three days following surgery. Vigorous activity should be avoided for the first three to four days (including swimming). Some slight bleeding may occur if your child becomes overactive too soon. After four days your child's activity level may be gradually increased to normal. Your child can return to school after one week.
2. The surgery area often appears black initially, this is then replaced with a scab that is more like a white coating. This whitish, scab-like membrane forms in the adenoid area after a few days; this is normal and to be expected. You may not be able to see it looking into the mouth or at the back of the throat. FOUL BREATH can be expected as the throat heals. This may last up to three weeks. Also, some minimal bleeding may occur at this time as the scap forms and healing begins.
3. For any bleeding that occurs, most often it is controlled by an ice collar to the neck and bed rest. If this does not control the bleeding, please call our office (317-844-7059). If you should be unable to reach the doctor and the bleeding continues, go to the emergency room at the nearest hospital.
4. Your child may run a temperature of 100 degrees to 102 degrees sometimes worse on the second to third day. This is not unusual. If the fever is above 102 degrees, or cannot be reduced by baths or the medication, please call our office.
5. Please give pain medicine every 3 hours. Alternate between children's Motrin (generic: ibuprofen 100 mg per 5mL) every 6 hours and children's Tylenol (generic: acetaminophen 160 mg per 5 mL) every 6 hours. Follow the instructions on the packaging for dosing based on your child's weight.
6. **HAVE YOUR CHILD DRINK PLENTY OF FLUIDS: IT IS ESSENTIAL.** Make sure they stay well hydrated. Your child may eat regular food as tolerated, as soon as possible, there are no food restrictions. This serves to hydrate the area and acts as a scrub brush to toughen the area and keep the scabs thin.
7. Your child may complain of ear pain/ache that can last several days and is usually worse at night. This pain is referred from the throat/adenoid area and has nothing to do with the ears. Applying an ice pack or heating pad to the area may help.

8. Raspiness of your child's voice or hoarseness may occur a week after surgery this is only temporary and is a normal response.
9. Nausea and vomiting may occur. If severe and interferes with fluid intake call our office.

**PLEASE MAKE SURE A FOLLOW-UP HAS BEEN SCHEDULED FOR 1 MONTH AFTER.**

**If you have any questions or concerns, please give our office a call at 317-844-7059 Ext. 1417. Thank you.**