

INSTRUCTIONS FOR DR. WHITE'S PATIENTS TONSILLECTOMY & ADENOIDECTOMY

1. **Please do not give the child anything to eat or drink after midnight the night before surgery.**
2. Return for post-operative visit 3 weeks after surgery.
3. Use Children's Tylenol/Tempra alternating with Tylenol with Codeine/Lortab every 4 hours regularly (around the clock) for the 1st 2 days and 2 nights. Then continue alternating Tylenol and Lortab every 4 hours during the daytime hours for the next 5-7 days as necessary. Please be aware that Tylenol with Codeine or Lortab may cause nausea if taken on an empty stomach. **Please DO NOT use Advil or Motrin due to increased chance of bleeding.**
4. DIET:
 - Day of Surgery – clear liquids (apple juice, Gatorade, clear broth without noodles or vegetables, Popsicles). Full liquids and some soft food may be tolerated.
 - Day after Surgery – Full liquids and soft diets as tolerated
 - We suggest you do not eat spicy or coarse foods (i.e. potato chips) for a few weeks after surgery, as they may irritate the throat
5. Encourage fluid intake to prevent dehydration and promote healing. **Dehydration is the most common cause of post-operative fever in children.** Fluids also prevent bleeding from the surgical site and infection.
6. Antibiotics are not normally given post-operatively. Please call if your child develops extremely bad breath or runs a temperature greater than 101 degrees Fahrenheit.
7. Ear pain is common for up to a week after surgery. If this occurs, give regular doses of Children's Tylenol/ Tempra or Lortab for 24 to 48 hours.
8. Voice changes may occur due to changes in muscle functioning in the back of the throat. Occasionally, liquid may enter the back of the nose until the healing process is complete.
9. Restricted activity for two weeks after surgery. Patient may return to school when little to no pain medicine is needed and no fever is present.
10. Cough and congestion is very common after surgery. Over the counter decongestants such as Robitussin PE may offer some relief.
11. Call our office with questions and concerns 770-777-1100.

