



*From Dr. Andrew B. Silva
Pediatric Otolaryngology*

Dear Family,

Thank you for choosing the Inova Loudoun Ambulatory Surgery Center for your surgery today. Please follow your discharge instructions and contact your surgeon if you have any questions or concerns.

Anesthesia Recovery takes a minimum of 24 hours. Expect your child to be more sleepy and/or irritable today than usual. Balance and coordination will be altered. It is best to encourage quiet supervised activity for today and as long as your child is taking any narcotic pain medication.

Adenoidectomy And Tonsillectomy Post Operative Instructions

- Your child will need time to recover. Limit activity for 10-14 days after the surgery.
- Your child should be excused for 10 days from school PE or sports following surgery.
- You may notice your child will tire easily for 5-10 days after surgery.
- Expect your child to have some ear pain 1-2 weeks after this procedure.
- Expect a small amount of blood from the nose and mouth in the first 48 hours.
- Expect a low grade temperature following surgery up to 102.5.
- Expect a sore throat and neck for around a week.
- There will be a white coating in the back of the throat after surgery and bad breath for up to two weeks.
- Expect some nausea and vomiting. Below are other guidelines for recovery.

Diet

Listed below are drink and food suggestions to help make sure your child gets enough fluids and nutrients:

- Give your child lots of water, popsicles, and mild, nonacidic juices (avoid citrus).
- Do not worry if your child does not eat very much solid food. It is common to lose 5-10 pounds depending on how old your child is. It is however very important to drink fluids. We recommend eight glasses of water or juice a day. If your child becomes dehydrated he may need to return to the emergency room where they will place a small needle or IV in the arm and give fluids to your child.
- Serve soft foods, such as gelatin, pudding, ice cream, scrambled eggs, pasta, and mashed foods for the first 10 days and then they may eat a normal diet on day 11.
- Avoid hot, spicy, and rough foods such as fresh fruits, toast, crackers, and potato chips.
- This diet should be followed for the first 10 days because hard or scratchy food might rub of the scabs in the back of the throat and then bleeding will occur.

Medication

- Our Academy has published National Guidelines on Antibiotic treatment after an adenoidectomy and tonsillectomy has been done on a child. They do not recommend using an antibiotic during the healing stage so no prescription is necessary. Occasionally I might prescribe an antibiotic if the tonsil is infected at the time of surgery.
- Narcotic pain medication is **not** necessary for a child after a tonsillectomy and adenoidectomy. Pain medication will not be prescribed on a routine basis. This is a recommendation from our National Academy as deaths have been reported after usage from Narcotic medication in young children.
- The new national guidelines recommend using Acetaminophen alternating with ibuprofen every four hours. Normally Ibuprofen is avoided in surgery because of the rare risk of bleeding. However, our National Academy has studied this and did not find an increase in bleeding with tonsil and adenoid procedures. Therefore it is okay to use ibuprofen for pain control in your child.
- It is recommended to alternate an appropriate dose of Acetaminophen with Ibuprofen every four hours after surgery for pain control. So the first dose should be Acetaminophen and then four hours latter a dose of Ibuprofen can be given and then four hours latter a dose of Acetaminophen can be given. This is how to alternate the medication.
- The staff will give you a quick dosing sheet for the medication based on weight.
- Use only medications approved by your child's doctor. Always avoid medicines that contain aspirin. Aspirin has been shown to cause bleeding.

When to Call the Doctor

Mild pain and a slight fever are normal after surgery. But call the doctor if your child has any of the following:

- Fever over 102.5°F
- Severe pain that prescribed medication does not relieve
- Bright red bleeding, difficulty breathing.
- Difficulty breathing
- Dehydration with dark urine or very little urine

Activity

I would like to keep your child out of any organized sports for the 10 days following surgery. This includes any activities that would raise his or her blood pressure. This may cause one of the blood clots to come loose and cause bleeding from the nose or throat. Also please keep him away from any dirty water for several weeks while the healing process is occurring. This includes community pools or lakes.

Additional instructions:

Make a follow up appointment with our office in 4-6 weeks. If there are any problems before this then please give our office a call so we can help

Dr. Silva 703-858-4439

After Hours emergency number 703 257-3911

All of us at the surgery center wish you a speedy recovery and thank you again for trusting us with your care.

Person giving instructions

Person receiving instructions

Dosing Information for Parents and Caregivers

- If possible, use weight to dose; otherwise, use age
- Always ask a healthcare provider which product is right for your child

Información de dosificación para los padres y cuidadores

- Si es posible, use el peso para buscar la dosis, de lo contrario, use la edad.
- Consulte siempre a su proveedor de atención médica sobre qué producto es el correcto para su niño.



Children's TYLENOL® Oral Suspension

Active Ingredient:
Acetaminophen 160 mg
(in each 5 mL or 1 tsp)

Every 4 hours as needed.
**DO NOT GIVE MORE THAN
5 DOSES IN 24 HOURS.**






Ingrediente activo:
Acetaminofén 160 mg
(en cada 5 ml o 1 cdta.)

Cada 4 horas, según sea
necesario. **NO LE DÉ MÁS DE
5 DOSIS EN 24 HORAS.**

Use only as directed.
Usar solo según las
indicaciones.

**mL = milliliter
tsp = teaspoonful**

**ml = mililitro
cdta. = cucharadita**

WEIGHT (PESO)	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE* (EDAD*)	2-3 yrs/años	4-5 yrs/años	6-8 yrs/años	9-10 yrs/años	11 yrs/años
DOSE (DOSIS)	5 mL (1 tsp/cdta.) 	7.5 mL (1½ tsp/cdta.) 	10 mL (2 tsp/cdta.) 	12.5 mL (2½ tsp/cdta.) 	15 mL (3 tsp/cdta.) 

*For children under 2 yrs., ask a doctor

IMPORTANT INSTRUCTIONS FOR PROPER USE

- Read and follow the label on all TYLENOL® products
- For Children's TYLENOL®, take every 4 hours as needed. Do NOT exceed more than 5 doses in 24 hours
- Do NOT use with any other product containing acetaminophen
- Keep all medicines out of the reach of children
- Do NOT administer adult medicines to children
- For accurate dosing, use only the enclosed measuring cup that comes with the product
- If you have any questions, contact your healthcare professional or call 1-877-895-3665

*Para los niños menores de 2 años, consulte a un médico

INSTRUCCIONES IMPORTANTES PARA EL USO ADECUADO DEL PRODUCTO

- Siga las instrucciones de la etiqueta de todos los productos TYLENOL®
- Children's TYLENOL® debe tomarse cada 4 horas, según sea necesario NO debe administrarse más de 5 dosis en 24 horas
- NO lo use con ningún otro producto que contenga acetaminofén
- Mantenga todos los medicamentos fuera del alcance de los niños
- NO administre medicamentos de adultos a niños
- Para administrar una dosis exacta, use únicamente el vasito de medición que viene con el producto
- Si tiene alguna duda, comuníquese con su proveedor de atención médica o llame al 1-877-895-3665

For more information, visit Tylenol.com

Para más información, visite Tylenol.com



We're Here to Help!

Answers to many other questions about your child's health are available online through the TYLENOL® Health Information video series. Go to <http://www.youtube.com/tylenol> or access the series via your smartphone with the code at right. *Selecciona videos en español.*



Dosing Information for Parents and Caregivers

- If possible, use weight to dose; otherwise, use age
- Always ask a healthcare provider which product is right for your child

Información de dosificación para los padres y cuidadores

- Si es posible, use el peso para buscar la dosis, de lo contrario, use la edad.
- Consulte siempre a su proveedor de atención médica sobre qué producto es el correcto para su niño.



Children's MOTRIN® Oral Suspension

Active Ingredient:
Ibuprofen 100 mg (NSAID)[†]
(in each 5 mL or 1 tsp)

Every **6-8 hours** as needed.
**DO NOT GIVE MORE THAN
4 DOSES IN 24 HOURS.**

Use only as directed.
Usar solo según las indicaciones.

[†]Nonsteroidal anti-inflammatory drug






mL = milliliter
tsp = teaspoonful

Ingrediente activo:
Ibuprofeno 100 mg (AINE)[†]
(en cada 5 ml o 1 cdta.)

Cada **6 a 8 horas**, según sea
necesario. **NO LE DÉ MÁS DE
4 DOSIS EN 24 HORAS.**

ml = mililitro
cdta. = cucharadita

[†]Medicamento antiinflamatorio no esteroide

WEIGHT (PESO)	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE* (EDAD*)	2-3 yrs/años	4-5 yrs/años	6-8 yrs/años	9-10 yrs/años	11 yrs/años
DOSE (DOSIS)	5 mL (1 tsp/cdta.) 	7.5 mL (1½ tsp/cdta.) 	10 mL (2 tsp/cdta.) 	12.5 mL (2½ tsp/cdta.) 	15 mL (3 tsp/cdta.) 

*For children under 2 yrs., ask a doctor

IMPORTANT INSTRUCTIONS FOR PROPER USE

- Read and follow the label on all MOTRIN® products
- For Children's MOTRIN®, take every 6-8 hours as needed. Do NOT exceed more than 4 doses in 24 hours
- Do NOT administer longer than 10 days, unless directed by a doctor
- Keep all medicines out of the reach of children
- Ask a doctor or pharmacist before use if the child is taking any other drug containing an NSAID (prescription or non-prescription)
— MOTRIN® contains ibuprofen
- Do NOT administer adult medicines to children
- For accurate dosing, use only the enclosed measuring cup that comes with the product
- If you have any questions, contact your healthcare professional or call 1-877-895-3665

*Para los niños menores de 2 años, consulte a un médico

INSTRUCCIONES IMPORTANTES PARA EL USO ADECUADO DEL PRODUCTO

- Siga las instrucciones de la etiqueta de todos los productos MOTRIN®
- Children's MOTRIN® debe tomarse cada 6 a 8 horas, según sea necesario. NO debe administrarse más de 4 dosis en 24 horas
- NO lo administre por más de 10 días, a menos que lo indique su médico
- Mantenga todos los medicamentos fuera del alcance de los niños
- Si el niño está tomando cualquier otro medicamento con AINE (con o sin receta médica), consulte a un médico o farmacéutico antes de usar este producto
— MOTRIN® contiene ibuprofeno
- NO administre medicamentos de adultos a niños
- Para administrar una dosis exacta, use únicamente el vasito de medición que viene con el producto
- Si tiene alguna duda, comuníquese con su proveedor de atención médica o llame al 1-877-895-3665

For more information, visit Motrin.com

Para más información, visite Motrin.com