

Tonsillectomy/Adenoidectomy: Post-Operative Management at CMK

Associated Order Set: ENT Post-Op Tonsillectomy



Children's Mercy
KANSAS CITY

Evidence Based Practice



QR code for
mobile view

Indications for transfer to CM Adele Hall (AH):

- Post-operative bleeding
- Severe airway obstruction
- Concern from physician

Indications for overnight stay:

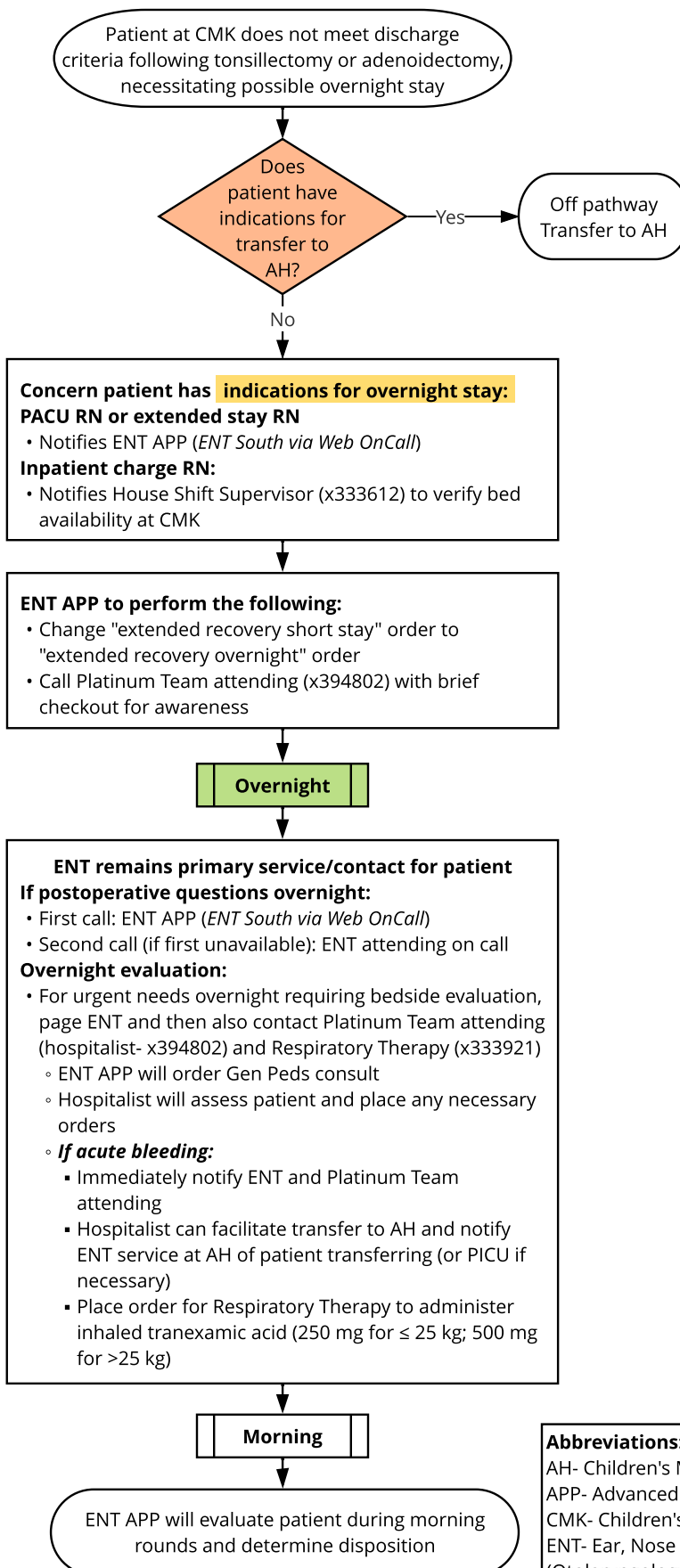
- Persistent nausea/vomiting
- Refusal of oral hydration
- Poor pain control
- Mild hypoxia and/or concerns for mild airway obstruction
- Persistent oxygen requirement

Overnight management considerations:

- **Monitoring**
 - **Continuous** cardiorespiratory monitoring
 - **Continuous** pulse oximetry monitoring
 - Vitals (q1 hr for 4 hrs, then q4 hrs)
- **Airway management**
 - Monitor for signs of obstruction (e.g., snoring and/or noisy breathing)
 - Uvula edema is common post-operatively
- **Pain control**
 - Scheduled alternating doses:
 - Acetaminophen (PO) 15 mg/kg (max 640 mg) q6 hrs
 - Ibuprofen 10 mg/kg, (max 400 mg) q6 hrs
 - Do **NOT** administer ketorolac
 - Do **NOT** administer codeine-containing pain medications
 - Consider oxycodone 0.1 mg/kg (max dose 5 mg) q4 hrs PRN severe pain
- **Nausea/vomiting**
 - Anti-emetics (PRN, Not scheduled)
 - 1st line: diphenhydramine 0.5 mg/kg (max dose 25 mg) one time only
 - 2nd line: ondansetron 0.1 mg/kg, q6hr
 - For persistent postoperative nausea/vomiting, page ENT and consider other agents (e.g., prochlorperazine, promethazine)
- **Hydration/diet**
 - Encourage clear liquids postoperatively and advance to soft foods as tolerated
 - If PO fluid intake poor and/or recurrent vomiting, then maintenance IV fluids
 - No sharp foods
- **Bleeding**
 - **If concerns for acute bleeding, page ENT immediately. Transfer patient to AH.**

Other possible (rare) complications to be aware of:

- Pneumothorax
- Subcutaneous emphysema



Abbreviations:

AH- Children's Mercy Adele Hall
APP- Advanced practice provider
CMK- Children's Mercy Kansas
ENT- Ear, Nose & Throat
(Otolaryngology)
PICU- Pediatric Intensive Care Unit