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Pain Management After Tonsillectomy and/or Adenoidectomy

- ▶ **Tylenol (acetaminophen)** is safe to use for post operative pain after tonsillectomy and/or adenoidectomy. Follow the directions for dosing provided on the packaging. Remember; do not give more than 4 doses of Tylenol in 24 hours.
- ▶ **Ibuprofen (Motrin or Advil)** is also considered safe to use for post-operative pain. Dose as recommended on the packaging. Ibuprofen may be alternated with the Tylenol approximately every 3 hours. Remember; do not give more than 4 doses of ibuprofen in 24 hours.
- ▶ Your doctor **may** offer narcotic pain medication in addition to the medications above. If so, this will be limited to a one-week supply due to the potential for addiction and state law. This may include hydrocodone or oxycodone. Many of these medications contain Tylenol so you have to be careful not to give too much Tylenol. You should wait at least 4 hours between a dose of Tylenol and any narcotic pain medicine that contains Tylenol. Any narcotic pain medicine that contains Tylenol should not be given more than 4 times in 24 hours.
- ▶ Pay close attention to dosing of narcotics as there can be significant risks in overdosing.
- ▶ There are increased risks in giving narcotics to children under the age of 6 years old. Accurate dosing, appropriate dosing intervals, and direct observation by a responsible adult should be provided particularly in this age group. If you are able to manage the child's pain with ibuprofen and Tylenol, then do not use the narcotic pain medicine.
- ▶ Under NO circumstances should your child be given Codeine-containing products for pain management after tonsillectomy and/or adenoidectomy as recommended by the FDA.
- ▶ You and/or your doctor may choose to try to manage your child's pain without the use of any narcotics. You may wish to discuss this with your doctor prior to surgery or before leaving the surgery center or hospital.