



Brian J. Broker, MD  
Laurence V. Cramer, DO  
Paul B. Swanson, MD

Carol F. Actor, MD  
Geeta A. Bhargave, MD  
Daniel P. Nadeau, MD

## Pediatric Patients

### INSTRUCTIONS AFTER TONSILLECTOMY AND ADENOIDECTOMY

1. You may experience a sore throat for 7 to 10 days.
2. Earaches are referred from the throat operation-not an ear infection (usually subsides in a few days).
3. Low grade fever is not unusual.
4. White patches seen in the back of the throat are the scabs from the tonsils - they will resolve in 2 weeks.

Voice rest for 2 weeks

Drinking fluids is very important----- water, milk, ice cream, Jell-O, pudding, water ice, and ice pops. Avoid citrus juices, tomato products, and spicy foods.

NO SHARP FOOD FOR 2 WEEKS- NO PRETZELS, CHIPS, HARD BREADS.

ANY BRIGHT RED BLEEDING NOTED FROM THE NOSE OR THROAT PLEASE CALL THE NUMBER AT THE OFFICE BELOW IMMEDIATELY  
...ASK TO SPEAK TO THE DOCTOR ON CALL. 610 415 1100

NO STRENUOUS ACTIVITY FOR 2 WEEKS - including sports, gym class, housework, weight lifting, or aerobics.

Medications: Child weight in kg \_\_\_\_\_

\_\_\_\_ Tylenol (15mg/kg) \_\_\_\_\_ mg by mouth every 4 hours

\_\_\_\_ Ibuprofen (10 mg/kg) \_\_\_\_\_ mg by mouth every 6 hours

\_\_\_\_ Alternate doses of Tylenol and Ibuprofen around the clock

\_\_\_\_ Amoxil Liquid \_\_\_\_\_ cc/mg every \_\_\_\_\_ 8 \_\_\_\_\_ hours

\_\_\_\_ Biaxin Liquid \_\_\_\_\_ cc/mg every \_\_\_\_\_ 12 \_\_\_\_\_ hours

\_\_\_\_ Prelone Syrup (.15-2 mg/kg/day) \_\_\_\_\_ ml daily

**\*\*\*Return visit in two weeks call the office number below for an**

**Appointment      610-415-1100**

\*\*Take all medications as prescribed, DO NOT cut, crush or chew unless prescribed that way or instructed by your physician. DO NOT drive or operate any machinery while taking pain medications.

**Phoenixville:** 826 Main Street, Suite 201 Phoenixville, PA 19460 **Tel:** 610-415-1100 **Fax:** 610-415-1101

**Bryn Mawr:** 825 Old Lancaster Road, Suite 300 Bryn Mawr, PA 19010 **Tel:** 610-520-0900 **Fax:** 610-415-1101

**Pottstown:** 5 South Sunnybrook Road, Suite 300 Pottstown, PA 19464 **Tel:** 610-326-3600 **Fax:** 610-415-1101

**Roxborough:** 525 Jamestown Ave, Suite 205 Philadelphia, PA 19128 **Tel:** 215-487-7200 **Fax:** 610-415-1101

**East Norriton:** 342 West Germantown Pike, Suite 320 East Norriton, PA 19403 **Tel:** 610-415-1100 **Fax:** 610-415-1101