



Adenoidectomy Pain Management Instructions

Vocabulary

Motrin = Advil = ibuprofen

Tylenol = acetaminophen

Hycet = acetaminophen with hydrocodone (a narcotic pain medicine)

Ibuprofen

Ibuprofen is to be given every 6 hours for the first 5 days.

- This includes **waking your child up** at night for a dose of ibuprofen.

Acetaminophen with Hydrocodone

Hycet can be given as often as every 4 hours if needed for pain.

- Hycet contains acetaminophen. If you give your child plain acetaminophen you must wait at least 4 hours before giving Hycet or there is a risk of overdosing your child on acetaminophen.
- Hycet is a completely different medicine than ibuprofen; therefore, they can be given closely together if needed for pain control.
- Hycet may cause nausea and vomiting. To decrease this risk, it is better if given after eating or drinking. If your child continues to have nausea or vomiting use the Zofran prescription provided by your physician.
- Hycet and/or Zofran may cause constipation. Encouraging fluid intake is the best thing you can do to limit the potential for constipation. If possible, adding fiber to your child's diet (prunes, apricots, plums, raisins, peas, beans, broccoli, and whole-grains) may help to prevent constipation. In more severe cases your primary care physician may recommend or prescribe a mild laxative or enema. Never give your child a laxative or other types of stool-softening medications without first consulting with your primary care physician. If your child has a history of constipation and has previously been recommended a stool softener by their primary care physician, we would recommend restarting this prior to surgery.
- Hycet can be given for as many days as needed to help control the pain.
- ***Never wake your child up to give a narcotic pain medication; such as, hydrocodone.*** If their pain is controlled sufficiently that they are sleeping, the next dose of narcotic can be given after they wake up.

Aspirin

Never give your child aspirin for 2 weeks before and 2 weeks after any surgical procedure; unless, otherwise specified by your physician.

972-745-8400 or 817-337-3339