



Tonsillectomy/Adenoidectomy Pain Management Instructions

Vocabulary

Motrin = Advil = ibuprofen

Tylenol = acetaminophen

Hycet = acetaminophen with hydrocodone (a narcotic pain medicine)

Recommend Pain Medication Schedule:

- During the first 5 days while your child is taking ibuprofen consistently, alternate the ibuprofen with the Hycet while your child is awake.
 - Give Hycet – wait 3 hours – Give ibuprofen – wait 3 hours Give Hycet – wait 3 hours Give ibuprofen – etc...
- If this does not adequately control your child's pain, you can give the Hycet as often as every 4 hours if needed for pain in addition to the ibuprofen.
- ***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 or narcotic can be given after they wake up.

Ibuprofen

Ibuprofen should be given every 6 hours for the first 5 days. This includes **waking your child up** at night for a dose of ibuprofen. If your child is still taking ibuprofen on days 7-10, when the scabs come off, there is a slightly increased chance of bleeding. Therefore, we recommend only taking the ibuprofen as needed for pain after the 5th day. If any bleeding is seen ibuprofen should be discontinued immediately for 2 days.

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