# Tonsillectomy/Adenoidectomy: Post-Operative Management at CMK

Children's Mercy
KANSAS CITY

**Evidence Based Practice** 

**Associated Order Set: ENT Post-Op Tonsillectomy** 

### 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

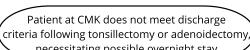
- Encourage clear liquids postoperatively and advance to soft foods as tolerated
  - If PO fluid intake poor and/or recurrent vomiting, then maintenance IV fluids
- No sharp foods

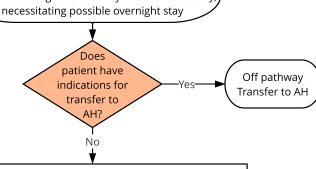
# Bleeding

 If concerns for acute bleeding, page ENT immediately. Transfer patient to AH.

# Other possible (rare) complications to be aware of:

- Pneumothorax
- Subcutaneous emphysema







QR code for mobile view

# Concern patient has **indications for overnight stay:** PACU RN or extended stay RN

Notifies ENT APP (ENT South via Web OnCall)

## Inpatient charge RN:

 Notifies House Shift Supervisor (x40463) to verify bed availability at CMK

# ENT APP to perform the following:

- Change "extended stay" order to "extended stay overnight" order
- Call Platinum Team attending (x40762) with brief checkout for awareness

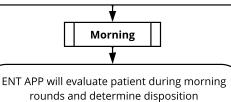


# ENT remains primary service/contact for patient If postoperative questions overnight:

- First call: ENT APP (ENT South via Web OnCall)
- Second call (if first unavailable): ENT attending on call **Overnight evaluation:**
- For urgent needs overnight requiring bedside evaluation, page ENT and then also contact Platinum Team attending (hospitalist- x40762) and Respiratory Therapy (x27024)
  - ENT APP will order Gen Peds consult
  - Hospitalist will assess patient and place any necessary orders

# • If acute bleeding:

- Immediately notify ENT and Platinum Team attending
- Hospitalist can facilitate transfer to AH and notify ENT service at AH of patient transferring (or PICU if necessary)
- Place order for Respiratory Therapy to administer inhaled tranexamic acid (250 mg for ≤ 25 kg; 500 mg for >25 kg)



### 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

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Contact: EvidenceBasedPractice @cmh.edu

Link to: synopsis and references

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