**Tonsillectomy & Adenoidectomy: Perioperative Care**

**CLINICAL PATHWAY:**

**Consider treating as outpatient:**
- Age ≥ 4 years
- Apnea-Hypopnea Index < 5
- No other comorbid conditions (e.g., moderate to severe asthma, diabetes, Down Syndrome, craniofacial anomalies, morbid obesity, etc)
- Family does not live long distance from hospital
- No additional clinical concerns

**Operative Care:**
- No perioperative antibiotics
- **Dexamethasone 0.5 mg/kg x 1** (max dose 12 mg)

**Nursing Care**
- Continuous monitoring
  - MS floors: while asleep
  - PICU: continuous

**Post-op Pain Rx:**
- **Acetaminophen** 15 mg/kg PO q6hr (max 1000 mg/dose) offset q3hrs with Ibuprofen
- **Ibuprofen** 10 mg/kg PO q6hr (max 600 mg/dose)

*If pain is severe, may substitute for Acetaminophen:*
- **Hydrocodone/Acetaminophen** (325 mg) 0.1 mg Hydrocodone/kg/dose PO q6hr PRN (max 5-10 mg Hydrocodone/dose; max Acetaminophen 4000 mg/day)

**Post-op Antibiotics:**
- None

**Contact:**
- **Christopher Grindle, MD**

**Discharge Criteria:**
- No supplemental oxygen requirement, and none overnight
- No desaturations < 90% while on RA
- No signs of active bleeding
- Temperature < 39° C
- Tolerating adequate PO liquids (≥ 10 ml/kg/shift)
- Pain well controlled with oral medications as ordered

**Discharge Medications and Instructions:**
- **Acetaminophen** 15 mg/kg PO q6hr (max 1000 mg/dose) offset q3hrs with Ibuprofen
- **Ibuprofen** 10 mg/kg PO q6hr (max 600 mg/dose)
- If pain is severe, may substitute for Acetaminophen:
  - **Hydrocodone/Acetaminophen** (325 mg) 0.1 mg Hydrocodone/kg/dose PO q6hr PRN (max 5-10 mg Hydrocodone/dose; max Acetaminophen 4000 mg/day)
  - *Dispense only 3 days worth.*
- Light activity and no school x 1 week; No gym, sports or recess x 2 weeks
- Soft diet x 2 weeks; Encourage frequent fluid intake

**Consider Med-Surg for one of the following:**
- Age < 4 years
- Apnea-Hypopnea Index ≥ 10
- Comorbid conditions (see outpatient criteria)
- Lives long distance from hospital
- Other clinical concerns

**Operative Care:**
- No perioperative antibiotics
- **Dexamethasone 0.5 mg/kg x 1** (max dose 12 mg)

**Consider PICU for one of the following:**
- Apnea-Hypopnea Index > 20
- Severe overnight desaturations (<80%)
- Severe hypercarbia
- End organ changes from OSA

**Operative Care:**
- No perioperative antibiotics
- **Dexamethasone 0.5 mg/kg x 1** (max dose 12 mg)

**Post-Operative Care**

**FEN/GI:**
- IVFs: D5 NS w/ 20 mEq KCl/L @ maintenance until tolerating good PO, then KVO
- Diet: Clear, advance to post-tonsillectomy soft diet as tolerated

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