

# Postoperative Skin Incision (Pediatric) Instructions

*Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey*

## Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
  - 9am to 5pm, Monday-Friday
  - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

## When should I call my doctor?

- If you are worried, the doctor is worried! You should call the doctor's office.
- If you see signs of infection around the surgical site, like redness, warmth, drainage, pain and swelling or a fever above 101.5 degrees, you should call the doctor's office.

## What should I expect after surgery?

- Your child will have stitches that will dissolve on their own.

## **When will my child see the doctor?**

- Your child needs to have a follow-up appointment with the doctor 1 week after surgery.

## **What about my pain?**

- Your child will have some discomfort.
- Give your child scheduled doses of **Children's Ibuprofen or Motrin** for **5 days** after surgery.

**Ibuprofen (100 mg/5 mL):** give \_\_\_\_\_ mL by mouth every 8 hours for 5 days (10 mg/kg/dose).

- If your child is not taking Norco, Lortab or Percocet you may give Children's Tylenol with the Children's Ibuprofen or Motrin.

**Children's Tylenol (Acetaminophen) (160 mg/5 mL):** give \_\_\_\_\_ mL by mouth every 8 hours (15 mg/kg/dose).



- The following schedule is an example of how to alternate doses of Ibuprofen and Tylenol. The times can be adjusted based on your child's sleep and meal routine.

<b>Scheduled doses of Ibuprofen at:</b>	<b>6 AM</b>	<b>2 PM</b>	<b>10 PM</b>
	X	X	X

<b>Tylenol if needed at:</b>	<b>10 AM</b>	<b>6 PM</b>	<b>12 PM</b>	<b>Overnight if needed</b>
	X	X	X	X

- If that schedule does not relieve your child's pain, your child may be given a prescription for narcotic pain medication.
  - Your child should still take the scheduled Children's Ibuprofen or Motrin.
  - Your child should not take extra Tylenol if taking Norco, Lortab or Percocet because they have Tylenol in it.
  - Narcotic pain medication may cause constipation. Provide extra fluids and possibly a stool softener.
- Follow pain medication instructions given by the nurse or pharmacist.

**How do I care for my child's surgical site?**

- Your child's incision is protected by steri strips.
  - Do not remove them, but if they fall off on their own that is ok.
- The stitches are either dissolvable or will be removed in 1 week.
- Your child may shower 2 days after surgery.
- The incision may be washed gently.
- Your child may not soak it in a bath or go in a pool.

