

扁桃体切除术和腺样体切除术后的指示

Instructions after Tonsillectomy and Adenoidectomy (Chinese)

我的孩子手术后可能会发生什么情况？

What can I expect after my child's surgery?

您的孩子在扁桃体和腺样体切除后,会有长达 10-14 天的疼痛。您可能会注意到喉咙痛、耳朵痛、颈部疼痛或僵硬、头痛, 以及下巴、舌头或牙齿痛。由于疼痛, 小孩可能会出现以下症状:

Your child will have pain for up to 10-14 days after the removal of their tonsils and adenoids. You may notice throat pain, ear pain, neck pain or stiffness, headache, and jaw, tongue, or teeth pain. Because of the pain, children may show these symptoms:

- 啼哭 Crying
- 拉扯他们的耳朵 Pulling at their ears
- 拒绝咀嚼 Refusing to chew
- 拒绝喝东西, 或喝非常少量

Refusing to drink, or drinking very small amounts

- 流口水 Drooling
- 不愿意完全张开他们的嘴巴

Not being willing to open their mouth fully

手术后，原本扁桃体所在的位置会形成白色斑块或“湿痂”。这是正常的，不是感染的迹象。这些痂通常在手术后 5-7 天左右脱落，而您孩子的疼痛在这个时候可能会加剧。

After surgery, white patches or “wet scabs” will form where the tonsils were. This is normal and not a sign of infection. These scabs usually fall off around 5-7 days after surgery, and your child’s pain may get worse around this time.

我可以给我的孩子吃什么药？ What medications can I give my child?

最好先用的药物是非处方止痛药，如对乙酰氨基酚acetaminophen（泰诺Tylenol®）和布洛芬ibuprofen（美林Motrin® 或 安舒疼Advil®）。

The best medications to start with are over-the-counter pain medications like acetaminophen (Tylenol®) and ibuprofen (Motrin® or Advil®).

- 如果医生同时开泰诺Tylenol®和美林Motrin®给您的孩子服用，控制他们的疼痛最好的方法是让他们**每 6 小时同时服用这两种药物**。
- If your child is prescribed both Tylenol® and Motrin®, the best way to control their pain is to give them **both medications together every 6 hours**.
- 在手术后的前48小时内，全天候给您的孩子服用非处方药（从白天到晚上按照固定的时间表，而不是“只在需要时”）。
- For the first 48 hours after surgery, give your child over-the-counter medication around-the-clock (on a set schedule through the day and night, and not “only as needed”).

羟考酮Oxycodone是一种阿片类药物，可作为**突破性疼痛**的备用药物。突破性疼痛是非处方药和非药物技巧也无法缓解的剧烈疼痛。阿片类药物可以治疗疼痛，但也有风险。如果您的孩子使用阿片类药物，您还是应该使用对乙酰氨基酚和布洛芬。这将让您尽可能少

用阿片类药物。您可以在网上找到更多有关手术后疼痛控制的信息：www.michigan-open.org/pediatrics

Oxycodone is an opioid medication that may be prescribed as a backup medication for **breakthrough pain**. Breakthrough pain is severe pain that is not helped by over-the-counter medications and non-medication techniques.

Opioids can treat pain, but they also have risks. If your child is using an opioid, you should still use acetaminophen and ibuprofen. This will allow you to use as little of the opioid as possible. You can find more information on pain control after surgery online at: www.michigan-open.org/pediatrics

- **羟考酮一定要锁在一个安全的地方，并由负责的父母或照顾者管理。**
- Oxycodone should always be locked in a safe place and managed by a responsible parent or caregiver.
- 这些类型的药物，只能给特定的人在处方开立的适用情况下使用。一旦您的孩子不再需要羟考酮，请安全地处理（丢掉）任何多余的药物。请参阅本资讯的末尾以得到更多有关这方面的信息。
- These types of medications should only be used by the specific person and condition it was prescribed for. Once your child no longer needs oxycodone, dispose of (get rid of) any extra medication safely. More information on this is included at the end of this handout.

还有什么其他方法可以帮助我的孩子缓解疼痛？

What are other ways to help with my child's pain?

- 咀嚼软的食物、软糖或口香糖，可以减轻耳朵疼和下巴痛或僵硬。
- Chewing on soft food items or soft candies or gum can decrease ear pain and jaw pain or stiffness.
- 鼓励他们多喝东西，并保持充足的水分。

- Encourage them to drink often and stay well-hydrated.
- 在孩子的鼻子里使用生理盐水喷剂，以帮助缓解鼻塞并保持结痂湿润。
- Use normal saline spray in your child's nose to help with stuffiness and to keep the scabs moist.
- 晚上孩子睡觉时使用加湿器。
- Use a humidifier at night while your child sleeps.
- 在他们的脖子或头部进行热敷或冷敷。
- Put a warm or cold compress on their neck or head.
- 使用分散注意力的技巧，包括正念、家庭时间和活动，以及特别的或最喜欢的食物。
- Use distraction techniques including mindfulness, family time and activities, and special or favorite foods.

我的孩子手术后可以吃或喝什么？

What can my child eat or drink after surgery?

- 对孩子的来说，手术后饮用液体是非常重要的。手术后立即开始为他们提供液体，尤其是含有热量的液体（如佳得乐 Gatorade®、Pedialyte®、维生素水 vitaminwater®等）。
- It's very important for your child to drink fluids after surgery. Start offering them liquids, especially liquids with calories (like Gatorade®, Pedialyte®, vitaminwater®, etc.), immediately after surgery.
- 您的孩子可以用吸管喝东西。奶嘴和奶瓶也可以使用。
- Your child can use a straw to drink. Pacifiers and bottles are also okay.

- 当您的孩子觉得想要时，就可以开始吃软的食物。例如芝士通心粉、苹果酱、酸奶、布丁和土豆泥。
- Your child can start eating soft food items whenever your child feels up to it. Examples include mac and cheese, applesauce, yogurt, pudding, and mashed potatoes.
- 酸性食物（如橙子或西红柿）可能会让孩子喉咙痛，但如果您的孩子想要也没关系。咸的、硬的或脆的食物可能会引起他们的不适。牛奶和奶制品可以吃。
- Acidic foods (like oranges or tomatoes) might make your child's throat hurt, but they are okay if your child wants them. Salty, hard, or crunchy foods may cause them discomfort. Milk and dairy products are okay.
- 您孩子的饮食会慢慢恢复正常，您可以在他们感到舒适的时候添加食物。
- Your child's diet will slowly go back to normal, and you can add foods whenever they are comfortable.

我的孩子手术后可以做什么活动？

What kinds of activity can my child do after surgery?

- 这个手术的完全恢复期为 2 周。在那段时间里，您的孩子也许会想要活动，也许不想要。让您的孩子选择他们感到舒适的活动水平。
- The full recovery period for this surgery is 2 weeks. During that time, your child may or may not feel like being active. Let your child to choose the level of activity they are comfortable with.
- 一旦您的孩子感觉足够良好，而且他们也不需要药物来控制疼痛时就可以回到学校。通常是手术后 7 天左右。

- It is okay for your child to go back to school as soon as they feel well enough and they don't need medication to control their pain. This is typically about 7 days after surgery.
- 您的孩子在手术后 2 周内，应该避免游泳、接触性运动（如足球、曲棍球等）、剧烈活动（让他们呼吸比较费劲或心率加快的活动）和旅行。
- Your child should avoid swimming, contact sports (like football, hockey, etc.), strenuous activity (activities that make them breathe hard or get their heart rate up), and travel for 2 weeks after surgery.

我的孩子在手术后会复诊吗？

Will my child have follow-up appointments after surgery?

手术后没有必要安排复诊，除非您或您的外科医生要求，或者您的孩子有令人担忧的症状。

There is no need to schedule a follow-up appointment after their surgery unless you or your surgeon requests one, or if your child has concerning symptoms.

我什么时候应该联系诊所或值班医生？

When should I contact the clinic or doctor on call?

如果您的孩子在手术后出现以下任何症状，请联系诊所或您的医生：

Contact the clinic or your doctor if your child has any of these symptoms after their surgery:

- 脱水 Dehydration
 - 他们拒绝喝东西或吃冰棒或果冻
 - They refuse to drink or eat popsicles or Jell-O
 - 他们在 24 小时内没有排尿（小便）2-3 次

- They have not urinated (peed) 2-3 times in 24 hours
- 他们哭泣时没有眼泪
- They have no tears when they cry
- 他们非常虚弱或疲倦
- They're very weak or tired
- 颈部僵硬，头部向一侧倾斜
- Neck stiffness with their head tilted to one side
- 每天呕吐超过 2 次
- Vomiting more than 2 times a day
- 发烧高于 102°F 持续 24 小时，服用泰诺®和美林®也不能降温
- Fever over 102 °F for 24 hours that doesn't come down after taking Tylenol® and Motrin®
- 无法控制的疼痛
- Uncontrolled pain

如果你的孩子出血了，立即去最近的急诊室。

If your child has bleeding, go to the nearest Emergency Room immediately.

出血可能看起来是：Bleeding may look like:

- 从嘴里有鲜红色出血或血块
- Bright red bleeding or clots from their mouth
- 吐出鲜红色的血液（超过 1 茶匙或 25 分硬币大小）
- Throwing up bright red blood (more than 1 teaspoon or the size of a quarter)

手术后可能会发生手术部位出血。最常发生在手术后的头 24 小时内，或手术后 7-10 天之间当结痂脱落时。他们的唾液中有少量血液是无妨的，您不需为此担心。如果发现超过一茶匙的鲜红色血液，您应该带孩子到急诊室，以便我们为他们进行检查。

Bleeding at the surgical site can occur after surgery. Most commonly it happens within the first 24 hours or between 7-10 days after surgery when the scabs fall off. A small amount of blood in their spit is okay, and you should not be worried by this. If you notice over a teaspoon of bright red blood, you should bring your child to the Emergency Department so we can check on them.

联系信息是什么？ What is the contact information?

- 周一至周五上午 8:00 至下午 5:00，请致电 (734) 936-5730 联系耳鼻喉科办公室。
- On Monday through Friday from 8:00 AM - 5:00 PM, call the ENT (ear, nose, and throat) office at (734) 936-5730.
- 下午 5:00 之后或周末和节假日，请致电 (734) 936-6267 并要求接线员呼叫值班的耳鼻喉科住院医师。
- After 5:00 PM or on weekends and holidays, call (734) 936-6267 and ask the operator to page the Otolaryngology resident on call.

其他手术后常见问题： Other common questions after surgery:

如果我的孩子脖子僵硬，我应该担心吗？

Should I be concerned if my child has a stiff neck?

儿童在扁桃体切除术和腺样体切除术后抱怨颈部僵硬是很常见的。使用温暖的热垫或冰袋（看哪一种对他们最舒服）来提供帮助。当他们颈部疼痛时，您可以按预定时间给他们服用布洛芬和对乙酰氨基酚。

It is common for children to complain of a stiff neck after tonsillectomy and adenoidectomy. Use a warm heating pad or cold pack (whichever is most comfortable to them) to help. You can give them ibuprofen and acetaminophen on a schedule while they have neck pain.

- 您的孩子应该能够上下左右移动他们的头。如果他们的下巴歪斜，并且无法将头部移到直立的位置，请立即致电办公室。
- Your child should be able to move their head up and down and side to side. If their chin is tilted and they can't move their head into a straight position, call the office immediately.

为什么我的孩子手术后会咳嗽？ Why does my child cough after surgery?

他们的身体在手术后 2 周内，会在喉咙后部产生大量粘液（粘稠液体），导致他们咳嗽。当他们晚上躺下时，可能会咳更多。我们建议您的孩子用 2 个枕头垫高头部睡觉。白天每 2-3 小时使用一次盐水鼻喷剂来稀释粘液。喝大量液体也有助于稀释粘液。

Their body will produce large amounts of mucus (thick fluid) in the back of their throat for 2 weeks after surgery, causing them to cough. They may cough more when they lie down at night. We recommend that your child sleep with their head raised up with 2 pillows. Use salt water nasal spray every 2-3 hours during the day to thin the mucus. Drinking lots of liquids can also help thin mucus.

为什么我孩子的声音听起来很古怪？ Why does my child's voice sound funny?

您孩子的声音可能听起来有“鼻音”（像从鼻子里发出的）或者高声调和气声。当腺样体被切除，导致通过鼻子的气流增加时，可能会发生这种情况。切除腺样体后，软腭（他们口腔顶部的组织，帮助他们发声和形成单词）可能需要一些时间才能学会以不同的方式运作。他们的声音通常会在手术后 3 个月左右恢复正常。

Your child's voice may sound "nasal" (like it's coming from their nose) or high pitched and breathy. This can happen when the adenoids are removed, which leads to increased airflow through the nose. It can take some time for the soft palate (the tissue on the roof of their mouth that helps them make sounds and form words) to learn to work differently with adenoid removal. Their voice will usually return to normal around 3 months after surgery.

- 出于同样的原因，手术后液体会从鼻子里流出来。如果这些症状在手术后持续超过 3 个月，请致电我们。
- Liquids can come out of their nose after surgery for the same reason. Call us if these symptoms last more than 3 months after surgery.

我怎么知道我的孩子是否便秘？ How will I know if my child is constipated?

儿童在手术后几天内没有排便是正常的。然而，羟考酮等阿片类药物会导致便秘（排便较少或困难）。便秘的症状包括腹痛、恶心、肿胀和摸起来硬硬的腹部。

It is normal for children not to have a bowel movement for several days after surgery. However, opioid medications like oxycodone can cause constipation (having fewer or difficult bowel movements). Symptoms of constipation include belly pain, nausea, swelling, and a belly that is hard to the touch.

- 如您的孩子觉得需要排便，但排不出来，我们建议使用甘油栓剂（您可以从药房购买这种非处方药）。如果给他们栓剂（一种塞入肛门的药物）后没有排便，请联系您的儿科医生寻求建议或使用泻药。
- If your child feels the need to have a bowel movement but they can't, we recommend a glycerin suppository (you can buy this over-the-counter from a pharmacy). If there is no bowel movement after giving them the suppository (a medication you insert into their anus), contact your pediatrician for recommendations or use a laxative.
- 为了帮助缓解便秘，我们也建议他们多喝东西并增加他们饮食中的纤维含量。每天晚上喝镁乳、西梅汁或 Sunsweet Plum Smart® 果汁可以帮助预防和治疗便秘。
- To help with constipation, we also recommend having them drink more and increasing the amount of fiber in their diet. Drinking milk of magnesia, prune juice, or Sunsweet Plum Smart® juice every evening can help prevent and treat constipation.

我的孩子有口臭正常吗？ Is it normal for my child to have bad breath?

是的，儿童在手术后 2-4 周内有难闻的口气是很常见的。

Yes, it is common for children to have breath that smells bad for 2-4 weeks after surgery.

我如何处理（丢掉） 剩余的药物？ How do I dispose (get rid) of leftover medication?

旧药是 5 岁以下儿童中毒的主要原因。 如果您在手术当天收到了密西根大学药房的处

方，他们应该也会给您一个家庭药物处理袋。一旦您的孩子不再使用他们的处方药，就把家里多余的药物丢在袋子里。如果您没有收到药物处理袋，请在以下网页找到有关如何以

及在何处安全处理旧药物的更多信息：bit.ly/MM-MedDisposal

Old medications are the main cause of poisonings in children younger than age 5. If you received a prescription from the University of Michigan pharmacy on the day of surgery, they should also have given you an at-home drug disposal bag. As soon as your child is no longer using their prescription medication, use the bag to dispose of the extra medication at home. If you did not receive a drug disposal bag, find more information on how and where to safely dispose of old medications at: bit.ly/MM-MedDisposal

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