Caloric intake deficit and weight loss in pediatric patients undergoing tonsillectomy and its relationship with postoperative complications.

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45 patients, between 2-13 years, undergoing tonsillectomy, in a 6 month period, with an observed weight loss of 948g ± 817,578. The average caloric intake the previous day was quantified in 1,454 calories; on the procedure day 317 cal. Postoperative intake was: day one 351cal, day two 351cal, day three 437cal, and day seven 610cal. Won Baker’s pain analogous scale was performed, finding that on day seven 20% reported mild pain, 44% moderate and 36% severe, with no significant statistical evidence found to affirm the weight loss is related to the presence of greater pain (p = 0.078) probably due to the size of the sample. On the seventh postoperative day: 72% had not recovered an average diet and 68% persisted using analgesics.

Objective: To evaluate weight loss and caloric deficit in pediatric patients undergoing tonsillectomy at the Hospital de la Misericordia Foundation.

- 72% had not recovered an average diet after 7 days.
- 36% required surveillance in the intermediate care unit for 1 day.
- 68% persisted with the use of analgesics on the seventh day.

One of the main complications after tonsil surgery is given by the lack of caloric intake. In addition, patients’ dehydration and weight loss as well as parents’ worry and disinformation have not been quantified in our context and the dietary recommendation given are not consistent or based on any measurable reality. It has been shown that adequate nutrition leads to shorter postoperative recovery processes and the recovery of the average diet is one of the main measures to consider a successful postoperative recovery.

Pediatric patients undergoing tonsillectomy are affected by the deficit of caloric intake with a significant weight loss.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Minimum</th>
<th>Maximum</th>
<th>Average</th>
<th>standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight prior to surgery (grams)</td>
<td>10000</td>
<td>45800</td>
<td>21736,00</td>
<td>10347,740</td>
</tr>
<tr>
<td>Weight lost in grams after Surgery (grams)</td>
<td>0</td>
<td>3000</td>
<td>948,00</td>
<td>817,578</td>
</tr>
</tbody>
</table>

Could an acute weight loss of 4.36%, after surgery, affect the cicatrisation process, and prolong pain?

Non-interventional observational study. Patients undergoing tonsillectomy between November 2017 and February 2018. A caloric intake survey and weight control was performed 7 days postoperatively.

Future research: A diet rich in micronutrients, carbohydrates and proteins that decreases weight loss and associated complications.

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