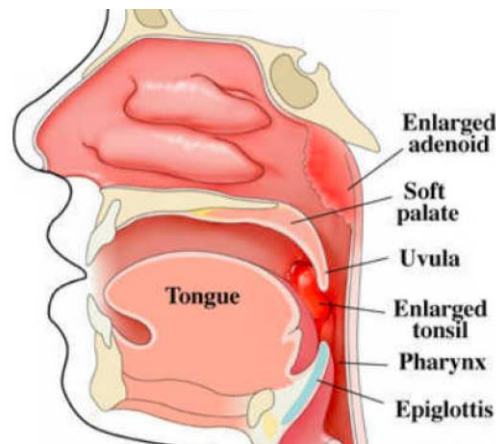


## POSTOPERATIVE INSTRUCTIONS FOR ADENOIDECTOMY

Adenoidectomy is a common surgical procedure in children with infected adenoids, ears or obstructions to breathing. The recovery period for the next 1 week requires your special attention. **Expect for your child to be out of school or camp for a period of 2-3 days.** We hope this information will be helpful to you during your child's recovery period. Recognizing each child's response might be different; we encourage you to discuss your concerns with us.



During the post-operative period you might observe:

1. **Pain:** A moderate amount of throat discomfort is to be expected. Sometimes it is more painful on the second day than immediately after the operation. **Most children do quite well with children's Tylenol or Motrin every 4-6 hours. These medications can be used individually, or alternating every 3 hours.** For older children, sometimes the doctor will prescribe a narcotic pain medication. Signs of pain in small children can include refusal to open mouth or swallow, refusal to eat or drink, crying and irritability.
  - a. **Ear pain:** This is very common after adenoids are removed. This is known to as "referred" pain from the throat that the body misinterprets as coming from the ears.
  - b. **Neck stiffness/pain:** Neck muscles near the adenoids may become inflamed after surgery and cause discomfort. Pain medication should help but if this persists after 5 days, please call the office.
2. **Bleeding:** Bleeding is uncommon after removing adenoids. A few drops of bleeding from the nose or in saliva is acceptable but bright red blood should not be seen.
3. **Swelling of the tongue, palate (roof of the mouth), or uvula (punching bag in back of throat):** Swelling of these structures may cause some discomfort but usually resolves in

a few days. Sleeping sideways (as opposed to flat on the back) or with the head elevated can alleviate some of the nighttime symptoms.

4. **Voice changes:** Removing the adenoids alters the resonating chamber of the airways and can result in a less nasal voice that is also frequently perceived as squeaky or higher pitched.
5. **Persistent snoring:** Snoring may persist for a few weeks as a result of swelling at the surgical site.
6. **Foul-smelling breath:** Bad breath frequently occurs but should clear up around a week.
7. **Low-grade fever:** 99-101 degree temperatures are common within the first 72 hours. This usually improves with time and oral intake and is part of the body's natural response to surgery.
8. **Leakage of air or liquid from the nose with speaking or swallowing:** The palate muscles are typically very sore and may have some difficulty closing off the nose from the mouth. This is typically temporary, lasting a few days. On rare occasion, this may last for a few months.
9. The initial post-operative appointment will be scheduled for 1-2 weeks after the procedure with the Physician Assistant.

## **DIET**

There are no specific restrictions on diet after an adenoidectomy. Your child can eat or drink whatever they can tolerate. Recommendations include starting with softer, colder foods as the throat may be sore. Drinking and fluid intake are the most important part of the patient's recovery. Make sure to monitor for signs of dehydration which include not urinating/not having wet diapers and/or dry lips/mouth.

## **ACTIVITY AFTER SURGERY**

Your child should rest for 2-3 days after surgery. They may return to school as early as 3 days after surgery but should not engage in strenuous activity like organized sports for at least one week after surgery.