

Adenoidectomy

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Post operative instructions & What to expect

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Your doctor has recommended adenoidectomy. This operation can help with snoring, nasal congestion, ear infections and other common problems. It is important that you understand how to care for your child at home, and this information will assist you in providing that care. Please bring this sheet with you on the day of surgery and go over it with your nurse. Remember, it is important that you follow these instructions carefully. Please feel free to ask any questions before going home.

Before Surgery:

- The patient must come to surgery on empty stomach. This means *NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY*. This includes all foods, all liquids, gum, candy, mints, etc.
- Surgery will be cancelled if the patient does not have a completely empty stomach.
- Please call the office the day before surgery to give you an exact arrival time.

What to Expect

- Your child may have mild discomfort after the surgery. He/she may complain of ear and/or throat pain. Children's Tylenol (acetaminophen) and Children's Motrin or Advil (ibuprofen) should be used as needed for discomfort.
- Your child will probably run a fever the first 2-3 days. Use of the acetaminophen and ibuprofen (see above) will help with the fever. The fever will be worse if your child does not have an adequate fluid intake and becomes dehydrated.
- Snoring and nasal congestion is common five to seven days after surgery until the swelling goes away.
- Your child may have bad breath (halitosis) as the surgery site heals. The odor comes from a white tissue that forms over the surgery site-this is not an infection. They may carefully brush their teeth after surgery, but this will not eliminate bad breath. This will clear in seven to 10 days as the throat heals.
- Nausea and/or vomiting may occur after anesthesia. Use the prescribed medications, if ordered, for nausea. If nausea occurs, treat with a clear liquid diet, and advance as tolerated.
- Your child's voice may become temporarily high pitched after surgery with children over three years of age.

Diet

- Monitoring of fluid intake is very important. Liquids, i.e. popsicles, milkshakes, Gatorade, are the most important things for your child to have after surgery. Your child may be reluctant to swallow and could become dehydrated. Signs of dehydration include decreased urine output, no tears and dry mouth. Remember to use the pain medicines as prescribed, and watch the color of the patient's urine in the toilet or diaper:
 - *If the urine color is clear to light yellow, your child is well hydrated.*
 - *If the urine is dark yellow or orange, your child is getting dehydrated and must drink more liquids.*

Medication

- Prescription pain medicine is usually not needed after adenoidectomy. Use Tylenol (acetaminophen) and Motrin (ibuprofen) needed.
- You can alternate the Tylenol with Children's Motrin or Advil every two hours for adequate pain relief.

Activity

- Your child may lack energy and tire easily for up to a week. It is fine for the children to play and resume normal activity as tolerated. Children usually are able to return to school and normal activity within 1-3 days after surgery.

Follow Up Appointment:

- If you do not have an appointment made for you at the time of surgery, please call the number above for a follow up appointment in 2-4 weeks after surgery for a post op check.
- Report any evidence of bright red bleeding – if greater than one teaspoon call the ENT office or go to the nearest emergency room for evaluation.
- Temperature above 101 degrees for 24 hours.
- Excessive nausea, vomiting or any concerns regarding dehydration.