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Post-Operative Instructions
after Adenoidectomy

* ***Pain:*** There is usually little pain associated with this surgery. Tylenol and Ibuprofen can be given.

* ***Diet:*** Regular diet and plenty of fluids

* ***Activity:*** Activity can return to **normal** immediately following an adenoidectomy. There are no limitations and the child can usually return to school the next day.

* ***Post-op recovery issues:***

► **Mucus**   Your child may appear to have a cold for 5-7 days following this procedure. The discharge may be clear, yellow, or green. Mucus may also drain down the back of the throat, causing a wet-sounding cough or sore throat. In some instances, mucus produced from the surgery can drain into stomach causing nausea and/or vomiting.

> **Here is what you should do**:
> - Increase fluid intake
> - Use nasal saline rinses every few hours
> - GENTLE nose blowing to clear the nose
> - Increase your child's intake of bread products (bagels, donuts, pasta*, etc.). This may help absorb some of the mucus in the stomach.

► **Fever**   Your child may have a fever up to 102° for a few days after surgery. Use Tylenol, ibuprofen, and increase fluid intake. **If the fever is over 103°, contact the office.**

► **Foul Breath**   In some cases, your child may have foul breath. It is not a sign of infection and should resolve about 7-10 days after surgery.

► **Voice Changes / Snoring** Your child's voice may sound high-pitched (like Mickey Mouse), garbled, or "nasal". They may also continue to snore. These are all temporary effects from the surgery.

► **Bleeding** The chance of a bleed is extremely rare. It is not uncommon to have some blood-streaked mucus from the nose. If your child vomits blood or spits out a great deal of blood, please call your physician right away.