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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 the 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.