



CARE AFTER ADENOIDECTOMY

Please read these instructions completely. They are important!!

The adenoids are lymphoid tissue (like tonsils) located at the very back of the nose, above the back wall of the throat. Sometimes this tissue becomes chronically inflamed or grows too large for the space. It can block the nasal cavity leading to nasal congestion, mouthbreathing, sinus infections, ear infections, snoring and difficulty sleeping. Adenoidectomy is a surgery to remove this tissue to improve air flow through the nasal passages and reduce infections.

INSTRUCTIONS BEFORE SURGERY:

Beginning two weeks prior to surgery, certain over the counter medicines should be avoided unless directed by our office. These include aspirin or any Ibuprofen products such as Aspergum, Naproxen, Aleve, Motrin (ibuprofen), or Advil. These medicines may increase the risk of bleeding during and after the procedure. We also recommend avoiding herbal supplements such as ginseng, ginkgo, or garlic.

If the patient takes Tylenol (acetaminophen) or a nasal spray such as Nasonex, Flonase, Ocean Spray, or Afrin, it may be continued prior to surgery as originally directed. If your child has been given an antibiotic before surgery, it may be continued until the night before surgery.

INSTRUCTIONS AFTER SURGERY:

The recovery period after adenoidectomy generally takes between 3-7 days, but sometimes it is as long as 2 weeks. Please follow our instructions for a smooth, safe recovery.

**ANY BLEEDING FROM THE NOSE OR MOUTH IS ABNORMAL—DAY OR NIGHT,
CALL US IMMEDIATELY: (716) 362-9730.**

Some children after adenoidectomy will refuse to eat or drink. If this is severe enough, the child could become dehydrated. Signs of dehydration are: dark “straw” colored urine, little or no urine output, dry cracked lips, lethargy, sunken eyes, and absence of tears when crying. Call our office if your child experiences these symptoms. **Elevation of the head may reduce pain and swelling.**

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- Normal Expectations:** The following may persist for up to two weeks after surgery:
- Ear and throat pain—due to the adenoids healing.
 - Stiff neck—usually mild and lasts for a few days. If the neck pain is severe and associated with inability to move the neck, call us.
 - Foul smell to the breath
 - Nasal discharge (runny nose)
 - Fever—if this is very high (greater than 102.5°F) please call us.
 - Snoring, mouthbreathing, or nasal congestion—may last for several weeks
 - Mild cough
 - Change in voice quality
 - Difficulty swallowing

Diet: The night after surgery limit the patient to a light diet to help prevent vomiting. If desired, soups, Jell-O, juices, and popsicles are allowed. Avoid eating heavy foods on the evening of surgery. On the day after surgery, the patient may eat anything he or she wants, as long as the stomach has settled.

Activity: Normal activities may be resumed as tolerated. School, physical education, and other sports may be resumed when you think your child is ready.

Medications: An antibiotic may be prescribed after surgery. It should be started the day after surgery. Please finish the entire prescription as directed.

Tylenol (Acetaminophen) and/or prescription pain medication may be prescribed. The pain medication(s) should be taken every 4-6 hours around the clock when awake for the first 3-5 days. After that, use pain medication *as needed* for pain.

Motrin (Ibuprofen) may be recommended by your doctor as well. **Please follow your doctor's instructions for pain management.**

DO NOT USE ASPIRIN OR PRODUCTS SUCH AS ASPERGUM, AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID HERBALS SUCH AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS.

Over the counter decongestants may be used for nasal stuffiness.

The day after surgery, you may give your child a tablespoon of honey every 2-3 hours to soothe the throat.

Follow-up: Follow-up in our office 4-6 weeks after the surgery. The scheduled appointment is written on your pre-operative scheduling sheet.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at **(716) 362-9730**.