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**Adult and Pediatric E.N.T., Audiology and Hearing Aids**

## **Adenoidectomy** **Postoperative instructions**

### **Day of surgery:**

Your child has undergone a procedure called adenoidectomy where the adenoids are removed from behind the nasal cavity high in the throat. This generally is done by itself for obstructive or sinus symptoms, in conjunction with BMT for chronic ear infections, or with tonsillectomy.

When the adenoids are removed without a tonsillectomy it generally is not a very painful procedure. Most patients have virtually no pain but occasionally someone will have significant pain which can last up to 10 days. It also is not unusual to have some mild associated ear pain after adenoidectomy. You will be given a prescription for Lortab (Tylenol with hydrocodone) or another pain medication based on potential medication allergies. Most patients do not need this. I generally tell parents not to even fill this prescription until they see if their child is having significant pain. Generally plain Tylenol is sufficient for pain control. I would prefer you not use ibuprofen, Motrin, Aleve or other similar nonsteroidal anti-inflammatories because these can potentially promote bleeding.

Generally there is no bleeding after adenoidectomy. You might occasionally see some slight blood tinged mucus or nasal drainage but there should not be any bright red bleeding. If this occurs please contact our office.

Activity the day of surgery should be kept to a minimum. Most children recover very quickly and will be back to normal activities in a couple of days. Usually they can return to school in a couple of days depending on how they are feeling.

You will be given a prescription for an antibiotic. This usually as Omnicef (cefdinar) but may be changed based on medication allergies. This should be taken for the full 10 days. This is given more as a preventative than to treat actual infection.

A low-grade fever is also not unusual the first couple of days after surgery. This generally is secondary to dehydration. Make sure your child is getting adequate oral intake. Any fever over 102 F should be reported to the office.

Diet the day of surgery should begin with liquids and gradually increased as tolerated. Occasionally children will have a mild sore throat but they can eat whatever they can tolerate. The primary concern the day of surgery and the first couple of postoperative days is dehydration so make sure they are getting plenty of oral liquid.

### **Aftercare:**

Most children recover after adenoidectomy very quickly and are back to a normal diet and normal activity in a couple of days. Bad breath after adenoidectomy is not unusual and typically will resolve within two weeks. Your child may return to school when he/ she feels up to it. General guidelines are usually after 1 or 2 of days rest but can be longer in some cases.

I would like to see your child back for follow-up in the office roughly three weeks after surgery. Please call the office to schedule a routine postoperative visit. Feel free to call the office during normal business hours for routine questions and someone is always available 24/7 for emergencies.