

Adenoidectomy Pediatric Post Operative Instructions

- Activity:** Rest quietly for the first day. May return to school when they feel well enough, usually within 2-3 days, but no gym, running, ball-playing or other strenuous activities for one week
- Avoid:** Sneezing or vigorous nose-blowing for one week. If there are excessive nasal secretions, use gentle nose blowing. Nose blowing may not help congestion due to postoperative swelling.
- Diet:** Encourage large fluid intake (2-3 liters per day). Cold fluids are best to start, progress to a soft diet and gradually resume usual diet. Most children will resume normal diet on the second day.
- Mouth odor is common and drinking sufficient fluids will help relieve this. Children may gently brush teeth.
- Pain:** Most children will have only mild complaints after surgery. Headache, sore throat, dizziness or nausea may occur in the first day or two, (but may last longer). Acetaminophen (Tylenol) or ibuprofen (Advil) may be used for pain. Neck pain is a common side effect of the surgery.
- Vomiting:** Occasionally, there may be nausea and/or vomiting from the anesthesia or swallowed blood that may resemble coffee grounds. If vomiting is severe or persistent, call your physician. **If there is vomiting of red blood, call your physician immediately.**
- Bleeding:** Children may cough or spit out blood-tinged mucous which is normal. A runny nose may occur for up to a week. **If there is bright red blood coming from the mouth or nose, call your doctor immediately.**
- Fever:** A temperature of 99°-101° orally may occur after surgery for 2-3 days. This is often related to dehydration. Encourage fluids, popsicles, Gatorade or Pedialyte. If this occurs, treat with acetaminophen or ibuprofen, and encourage fluids. Contact our office if the fever is higher than 101.5° and persistent.
- Voice:** Your child may speak with a nasal sound or snore post-operatively due to swelling. This will improve as healing occurs.
- Smell:** 'Putrid' smell is normal for up to two weeks.
- Follow Up:** Child should be seen 2-3 weeks after surgery. Please call our office at **401-885-8484** to schedule a postoperative visit.