

Post-operative care instructions following removal of Adenoids

The following instructions may answer many of your questions regarding your child after he or she has had surgery. However, do not hesitate to call if you have any other questions or if you are concerned about your child's condition.

- **Physical Activity:** There are no limitations in activity. Your child may do whatever he or she feels up to doing. Most children will return to school and other extracurricular activities within a few days after surgery.
- **Diet:** There are no limitations in diet following the surgery. In fact, children who eat and drink well have a quicker, easier recovery. *They may eat or drink anything that they want... just as long as they eat and drink.* Your child may eat whatever he or she will tolerate and is age appropriate. If your child is having postoperative pain, ensure that they are taking their pain medicine. This will make it easier for them to eat.
- **Pain:** Your child may experience discomfort for several days following surgery. Tylenol and Codeine or Tylenol is very effective in reducing the pain. However, it does make some children feel nauseous or 'funny'. You may give your child Ibuprofen (Motrin) 24 hours following surgery.
- **Other common complaints following surgery:**
It generally takes children about 2-3 days to feel better following the surgery. The following complaints are common.
 - Fever, even up to 102. Ensure your child is receiving Tylenol. Please call us if your child has a persistent fever over 101.5 for more than 48 hours.
 - Horribly bad breath. This is very common following the surgery. It can last up to a couple of weeks. The antibiotic that your child will be taking will help to reduce the odor. You can also use breath mints or gum and ensure proper mouth care.
 - Snoring. Some children may snore initially following surgery. This occurs due to swelling and usually resolves in the first week.
 - Congestion and cold-like symptoms. This may continue for a couple of weeks following surgery.
 - Voice changes. It is common for children to have a temporary change in their voice. It will return to normal with time.
 - Stiff/sore neck. This may occur as a result of positioning during surgery. Warm soaks, Tylenol or Motrin and range of motion exercises of the head will help to reduce the discomfort.
 - Pain or popping in the ears.
 - Night terrors.

SITUATIONS THAT NEED MEDICAL ATTENTION

- **If your child has any bleeding (from the mouth or nose or vomiting blood), go to the emergency room.**
- **If your child has not voided (peed) in 24 hours, please call us or go to the emergency room.**
- **If your child has a fever greater than 101.5 for more than 48 hours, please call us.**

FOLLOW-UP

- All the postoperative visits are scheduled with our nurse practitioner. We would like to see your child three to six weeks following the surgery for a postoperative check. Please call (203) 245-0496 to schedule an appointment.

**If you ever have questions or concerns, we would be happy to talk to you or see your child at any time.
(203) 245-0496**