

# Postoperative Care After Adenoidectomy

## General Instructions

Your child may experience lightheadedness, dizziness, and sleepiness due to anesthesia. For the next 24 hours, a responsible person should be with your child.

## Diet

- Encourage your child to drink at least 6 glasses of liquids every day (water, juice, jello, popsicles, etc.). Prevention of dehydration is important and improves pain control and healing.
- Advance to a regular diet as tolerated, starting with soft foods. Some children may have a poor appetite for up to a week following surgery.
- Avoid scratchy foods (toast, crackers, chips, popcorn, or pizza crust) for few days.

## Medications

- Complete the entire course of prescribed antibiotics.
- Use the pain medication as needed. A non-aspirin pain medication, such as children's acetaminophen, Tylenol, or ibuprofen, in the recommended dosage is advised. **Do not give your child aspirin.** If the pain medication causes stomach irritation, give it with a small amount of food or drink.
- Throat pain may be improved with sore throat lozenges, ice chips, or cool compresses to the neck.

## Activity

- Resume normal activity and play as tolerated.
- Your child may miss up to 1 week of school. If they are feeling well enough, they may return to school in 2 days. Your child is excused from PE, sports, band, and music class for up to 2 weeks.
- Avoid contact with people that have colds or upper respiratory infections if possible.

## Wound Care

- Bad breath is common after adenoidectomy. Mouth rinses with warm salt water and sucking on peppermints may be helpful.
- Children often run a low-grade fever after surgery. Give Tylenol or Ibuprofen as needed.
- Ear pain is a common complaint 3-4 days after surgery and represents referred pain from the throat. Place a warm water bottle next to the ear and give pain medication as needed.

## Follow-Up Appointment

In 3-4 weeks, call the office at **541-334-3370** to schedule an appointment.

Call **541-334-3370**, select **Option 2**, if any of the following occur:

- Bright red bleeding from the nose, mouth, or throat.
- Persistent nausea or vomiting.
- Dehydration (not drinking fluids, dark urine, infrequent urination).
- Temperature of 102°F or higher.