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Adenoidectomy Postoperative Instructions

Diet

Since the adenoids are located high in the throat above the soft palate; your child will return to his/her preoperative diet relatively quickly. Please keep your child hydrated with liquids, avoiding citrus juices for a few days. Soft solids are often tolerated by the late afternoon/evening of surgery. Avoid nose blowing and only sneeze with the mouth open.

Activity

Children will often take three to four days to “be themselves” in terms of resuming preoperative activities. Returning to school will depend upon the speed of your child’s recovery.

Pain

Your child will experience mild throat pain initially and occasionally ear pain or neck stiffness. Treatment should consist of Tylenol (acetaminophen) products or ibuprofen products, following the guidelines on the bottle. Avoid using aspirin products, as they may cause increased bleeding.

Bleeding – Bleeding is rare after an adenoidectomy. Please contact the office if any nasal or oral bleeding occurs.

Fever- Your child may or may not run a low grade fever for a few days post operatively. This can be treated with acetaminophen.

Foul Breath – Your child may or may not have a foul odor to the breath. This will cease spontaneously within a week.

Speech Changes – Your child’s voice may sound different immediately after surgery. This will slowly improve over the next several weeks. If your child drinks very quickly, he/she may feel fluid in his/her nose. This sensation should pass after a few weeks.

Follow Up

Should be arranged for 2 - 3 weeks after surgery. Please call the office if an appointment has not already been arranged.