



## 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:

1. 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.
2. 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.
3. Avoid scratchy foods (toast, crackers, chips, popcorn, or pizza crust) for few days.

### MEDICATIONS:

1. Complete the entire course of prescribed antibiotics.
2. 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.
3. Throat pain may be improved with sore throat lozenges, ice chips, or cool compresses to the neck.

### ACTIVITY:

1. Resume normal activity and play as tolerated.
2. 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.
3. Avoid contact with people that have colds or upper respiratory infections if possible.

### WOUND CARE:

1. Bad breath is common after adenoidectomy. Mouth rinses with warm salt water and sucking on peppermints may be helpful.
2. Children often run a low-grade fever after surgery. Give Tylenol or ibuprofen as needed.
3. 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 334-3370 to schedule an appointment.

**CALL 334-3370** if any of the following occur:

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

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