

Adenoidectomy

Discharge instructions

What is an adenoidectomy?

An adenoidectomy (**add-noid-ek-toh-mee**) is surgery to remove the adenoids.

What can I expect after surgery?

Adenoidectomy causes some mild discomfort for a few days, such as:

- sore neck
- earache
- stuffy nose
- slight fever

Snoring may continue for 2 or 3 weeks due to swelling. Bad breath is common.

How should I care for my child?

To prevent bleeding, avoid nose-blowing and spitting. Wipe the nose gently if needed.

When sneezing, encourage your child to open the mouth and make a sound, to prevent pressure buildup.

What can my child eat?

Your child may prefer clear liquids or a soft diet at first, but should be able to go back to a regular diet within a few days. Liquids are more important than foods.

How active can my child be?

Healing can take several days. Encourage quiet play or non-strenuous activity initially. Your child should be able to return to normal activity within a week.

What else do I need to know?

See your Patient Discharge Summary sheet for specific instructions about pain medicines and when to see the surgeon again.

When should I call the surgeon?

- refusing to drink
- pain that is not relieved with the medicine that has been recommended
- not urinating at least every 8 hours
- continued upset stomach or vomiting
- temperature higher than 102° F (38.8° C) and not responding to Tylenol and cool compresses

Call the doctor right away if:

- spitting up blood clots
- sudden nosebleeds
- vomiting bright red blood

Questions?

This sheet is not specific to your child but provides general information. If you have any questions, please call your surgeon.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our website: www.childrensmn.org/A-Z.

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