

Adenoidectomy Discharge Instructions

Dietary Recommendations

Your child may prefer clear liquids and a soft diet at first but can advance back to a normal diet as tolerated. Staying well hydrated is most important.

Tips for Pain Management

- Pain medications (acetaminophen and ibuprofen) can be used as needed. Both acetaminophen and ibuprofen can be given as frequently as every 6 hours.
- When using a syringe to squirt liquid medications into your child's mouth, aim the medication along the inside of the cheek.
- You can ask your pharmacist to add flavoring to your child's medication, so it tastes better. You can also add the dose of medication to a very small spoonful of applesauce, ice cream, pudding or jelly to improve the flavor.
- Pain medication suppositories (rectal acetaminophen) are available without a prescription for children who refuse to swallow medication. You may have to ask the pharmacy staff for help as these are usually kept refrigerated in the pharmacy.

What can I expect after surgery?

- Mild discomfort for a few days, including sore throat, sore neck, headache, and earache.
- Low-grade fever that responds to acetaminophen or ibuprofen.
- Snoring can last a week or two but often resolves quickly.
- Bad breath may last for 2-3 weeks.

How should I care for my child?

Healing usually takes a day or two but may take several days. Encourage quiet play or non-strenuous activity initially. Use distraction with movies, video games, music, puzzles, coloring, etc. Your child should be able to return to normal activity within the week.

When to call Surgeon?

- Refusing to drink or not urinating at least twice a day.
- Fever higher than 102°F (38.8°C) which doesn't decrease with acetaminophen, ibuprofen, and cool towels or ice packs.
- Pain that is not well-controlled.
- Neck stiffness that is getting worse, rather than better, within the first 5 days after surgery.
- Bright red bleeding from nose or mouth (anything more than a streak in the saliva) which doesn't stop within a few minutes of rest, elevation of head, and ice chips.
- Vomiting bright red blood.
- Upset stomach or repeated vomiting beyond the first 24 hours after surgery.