



Adenoidectomy Post-Operative Care

Expectations

- Most patients have mild throat discomfort for up to a week after surgery.
- A fever of $<101.5^{\circ}\text{F}$ is not uncommon during the first few days after surgery. The fever should respond to acetaminophen.
- Snoring may get worse for a few weeks because of the swelling from the surgery.
- Bad breath is common for up to three weeks after surgery.
- Ear or neck pain is common for a few days after surgery.

Activity

- Most children may return to school 3 days after surgery. Some children may need to stay home longer depending on their symptoms, up to one week.
- No physical education or athletic activities for one week post-operatively.
- You may begin driving when you can comfortably turn your neck from side to side and you are no longer taking narcotic pain medications (hydrocodone or oxycodone).
- Avoid heavy lifting ($>10\text{lbs}$).
- Bedrest is not necessary after surgery. Remaining active and mobile will help to expedite your recovery.
- Sleep with your head elevated for the first few days after surgery.

Diet

- Immediately after surgery, you will be started on clear liquids.
- You may have some mild throat discomfort that requires a soft diet for a day or two. A regular diet can be resumed as tolerated.
- Good options for softer foods include applesauce, thin oatmeal, milkshakes, mashed potatoes, pudding, very soft noodles with butter, ect.

Wound Care

- Avoid coughing and throat clearing.
- An ice pack to your neck may be soothing.
- A cool mist humidifier may be helpful to have in your bedroom.

Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.
- Pain is generally mild and thus ibuprofen and Tylenol are sufficient. Check with your doctor for the appropriate dosage.
- Pain control
 - o Ibuprofen 100 mg/5 mL - Take _____
 - o Acetaminophen 160 mg/5 mL - Take _____

*Do NOT take this if you are taking **Hydrocodone/Acetaminophin or Oxycodone/Acetaminophin**

- o Ibuprofen 200 mg tabs - Take _____

*If your child will not take oral pain medications – a Tylenol suppository is an option

You can also use Tylenol or acetaminophen but do not take this if you are taking hydrocodone/ acetaminophen or oxycodone/ acetaminophen. The maximum daily dose of Tylenol (acetaminophen) is 3000mg from all sources.

Follow-up

You will be scheduled for a follow-up 7-10 days after surgery.

Call Lakeside ENT & Allergy at 585-394-8800 if you develop any of the following symptoms:

- Brisk nasal bleeding
- Difficulty breathing
- Vomiting bright red blood
- Fever >101.5