

SAN FRANCISCO OTOLARYNGOLOGY

Providing ear, nose, and throat care since 1940

Post-Operative Instructions: Adenoidectomy

Pain: For the first several days after surgery (occasionally up to 7 days), pain in the throat is to be expected. Pain is usually controlled with liquid Tylenol or with prescription pain medication given at the time of surgery. See the back of this sheet for dosing information. Pain is often worse at night and your child may need additional pain medication during the night. Occasionally, a stiff neck may also occur. Do not give your child medications containing aspirin, ibuprofen or naproxen for 2 weeks after surgery.

Nausea: An upset stomach may occur after surgery. When your child is no longer nauseated, try clear liquids in small amounts such as water, apple juice, clear soda, ginger ale, Gatorade, popsicles or Jell-O. If clear liquids are tolerated, begin a soft diet.

Diet: The more your child drinks, the sooner the pain will subside. Water, apple juice, grape juice, Gatorade and Pedialyte are excellent sources of fluid. We recommend a soft diet for 3-5 days following surgery. Soft foods such as yogurt, pudding, smoothies, mashed potatoes, noodles, applesauce and Jell-O are encouraged. Popsicles, ice cream and sherbet are also permitted so long as they do not contain nuts or other hard items. Avoid hot or spicy foods, or foods that are hard or crunchy.

Fever: A low grade fever (less than 101.5 degrees) may occur after surgery and should be treated with Tylenol (acetaminophen).

Physical activity: Your child should rest after surgery. Indoor quiet play is allowed after 1-2 days and outdoor play is allowed after 3-4 days if your child feels up to it. Children usually miss 3-4 days of school, but up to 7 days is not unusual.

Bleeding: Bleeding after surgery is unusual. Most bleeding is minor, and you may only see a little coating of blood on the tongue or from the nose. Put your child into bed sitting upright, and place an ice collar on their neck. Make this by placing ice cubes and water into a large Zip-Lock bag and wrapping it in a towel. Gently lay the ice pack on the back of the neck.

Follow up: Please schedule a visit 3-4 weeks after surgery.

When to call the doctor: Call the number below and press option "1" to page the doctor

- If your child becomes lethargic or is unable to drink fluids for more than 1-2 days
- If your child has an extremely painful, stiff neck
- If your child has a persistent fever higher than 101.5 °F
- If your child gets sick to their stomach more than 3 times after you get home
- If your child has bleeding lasting more than one hour or if the bleeding is severe

Please call if you have any questions!