

## Adenoidectomy - Post Operative Instructions

### Surgery

Removing the adenoids involves a brief anesthesia, typically 10 to 20 minutes. Patients may be irritable for several hours after surgery. If sedatives were given, some patients will remain sleepy for much of the day. You may have nausea or vomiting, but it usually goes away by the evening of surgery without additional medication.

### Medication

Most children don't need pain medications after this surgery; however, you may use regular Tylenol or Motrin if you are concerned that your child is having pain.

### Effects of Surgery

- Low-grade fever may occur. Tylenol (either by mouth or rectally) can be used. If your child has a fever greater than 101.5° F for several days that doesn't respond to Tylenol, call the doctor's office
- Children can return to normal activity, school, or daycare the day after surgery
- If your child has nausea or vomiting, try giving sips of clear liquids like Sprite, water, or apple juice. Then gradually increase fluid intake. If the nausea or vomiting continues beyond 24-36 hours, call the doctor's office for medications that will help relieve the nausea and vomiting
- Bloody drainage from the nose or blood-tinged nasal discharge can happen after adenoidectomy and is normal
- Many patients will have very bad breath for up to 2 weeks after adenoidectomy
- If the adenoids are very large, the patient's voice may change after surgery
- Some patients will have a small amount of liquid come out of their nose when they drink after surgery, this should stop within a few weeks after surgery

If you have questions, please contact our office.