



Department of Otolaryngology-Head and Neck Surgery

## POST OPERATIVE CARE INSTRUCTIONS FOLLOWING ADENOIDECTOMY

The following instructions will help you know what to expect in the days following surgery. Please call if you have any questions or concerns.

**Physical Activities:** After surgery, children should rest, but may play inside after one or two days and may be outside after 3 or 4 days, if they feel up to it. Children may return to school whenever comfortable; 3-4 days is average, but 7 days is not unusual.

**Diet:** The more your child drinks, the sooner the pain will subside. Water, apple juice, grape juice, and Gatorade are excellent sources of liquid. Soft foods such as ice cream, sherbet, yogurt, pudding, apple sauce, and Jell-O should also be encouraged. Other soft, easily chewed foods are also excellent. Avoid hot or spicy foods, or foods that are hard and crunchy.

**Pain:** For the first several days (occasionally up to 7 days) following surgery, pain in the throat is to be expected. This can usually be controlled with Liquid Tylenol (acetaminophen). Avoid medication containing aspirin, ibuprofen, or other anti-inflammatory medication, for 2 weeks. Pain often worsens at night and may prompt the need for additional pain medication. Occasionally a stiff neck may occur. Please call if it becomes excessively painful. See the back of this sheet for Tylenol (acetaminophen) and Tylenol with Codeine dosing for children.

**Fever:** A low-grade fever (less than 101 degrees) following surgery may occur and should be treated with Tylenol (acetaminophen). Follow the directions on the bottle. While children have a fever, they should play quietly or remain in bed. If the fever persists (more than 2 days) or if a fever higher than 101.5 F develops, please call. Fever may indicate that you have not taken in sufficient fluids or may have an infection.

**Bleeding:** Post-operative bleeding 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. Please call if bleeding does not subside within one hour or if the bleeding is severe.

**Follow-up:** Within 3-4 weeks after surgery your child will be evaluated for healing.

**PLEASE CALL IF YOU HAVE ANY QUESTIONS!**

**Office phone number 314-454-6162 / Monday - Friday 8:30 AM – 4:30 PM.**

**After regular hours, call 314-454-6000 and have the operator contact the ENT resident on call.**