Post-Operative Adenoidectomy

* **Pain**  
There is usually little pain associated with this surgery. Tylenol or Ibuprofen may be used as needed for pain.

* **Diet**  
Regular diet and plenty of fluids

* **Activity**  
Return to normal immediately following an adenoidectomy. There are no limitations and the child can return to school (often the day after surgery) as soon as they are able.

* **Antibiotics**

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<th>Name</th>
<th>Amount</th>
<th>Times/Day</th>
<th># days</th>
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* **Nasal Saline Spray**  
May be recommended by your surgeon.

* **Post-op recovery issues:**

1. **Fever:**  
Your child may have a fever up to 102° for a few days after surgery. Use Tylenol or Ibuprofen and increase fluid intake. **If the fever is over 103°, contact the office.**

2. **Foul Breath:**  
In some cases, your child may have foul breath post operatively. It is not a sign of infection and should resolve about 7-10 days after surgery.

3. **Snoring:**  
Removal of the adenoids when done for airway obstructions should result in improvement in snoring very rapidly. However, occasionally some snoring may persist for a few days until any swelling from the procedure subsides.

4. **Voice Changes:**  
Your child’s voice may sound high-pitched (like Mickey Mouse), garbled, or “nasal.” These are all temporary effects of removing the adenoids and should fade away. **If the symptoms have not subsided by one (1) month** after surgery, please contact the office.

5. **Bleeding:**  
The chance of a bleed is extremely rare. It is not uncommon to have some blood-streaked mucus from the nose. If your child vomits blood or spits out a great deal of blood, **please page the doctor on call at:** **(858) 493-7610**

**Follow-Up:**  
In most cases children do not need to be seen back in the office after an adenoidectomy. However, we will ask you to complete a form regarding the post-operative recovery and send it back to us. If you would like your child seen for a follow-up visit (or if the doctor requests to see you back), please call the office for an appointment.

If you have any questions or concerns, please contact the Triage Nurse at: **(858) 309-7706**