

Matthew T. Brigger, MD, MPH
Division Chief

Morgan Bliss, MD

Daniela S. Carvalho, MD

Wen Jiang, MD

Shelby Leuin, MD

Anthony E. Magit, MD, FAAP, MPH

Javan Nation, MD

Seth M. Pransky, MD, FAAP

Fellow:

Alex Manteghi, MD

Physician Assistant:

Denise M. Lago, PA-C

Main Office:

3030 Children's Way

Suite 112

San Diego, CA 92123

(858) 309-7701

(858) 966-8038 Fax

Regional Offices:

Encinitas

(760) 944-5545

Escondido

(760) 755-7600

Murrieta

(951) 600-1640

Oceanside

(760) 547-1020

www.RCSSD.org

Revised 07/23/15

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** _____
Name Amount Times/Day # days

* **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