



*Comprehensive E.N.T Care  
for the Entire Family*

*A Division of Select Physicians Alliance*

## **ADENOIDECTOMY INSTRUCTIONS**

Your child is scheduled to have an adenoidectomy. Adenoids are a mass of tissue behind the nasal opening. Adenoids are removed under general anesthesia. They are removed by the surgeon through the mouth. Adenoid removal does not require placement of stitches. There is no evidence of surgery on the nose or face.

### **BEFORE SURGERY:**

Do not give your child any food or drink after midnight the night before surgery.

### **AFTER SURGERY:**

**DIET:** It is very important to encourage the intake of fluids. Drinking plenty of fluids will prevent dehydration. By keeping the throat moist, liquids will decrease the discomfort after surgery. The best choice of liquids is water or Gatorade. Milk or dairy products are fine as well; but may increase the thickness of the saliva. Please avoid dry, hard or scratchy foods like crackers, dry cereals, potato chips, and pretzels. Also avoid spicy foods and foods that are extremely hot in temperature. Each child is different and will return to a normal diet over the next several days. **Remember, the more liquids the better.**

**ACTIVITY:** Please refrain from any strenuous or vigorous physical activity for a full five days after surgery. This includes swimming, running, climbing, lifting heavy weights, and bicycle riding. A child should be closely supervised after surgery.

**MEDICATIONS:** A prescription for liquid narcotic pain mediation (codeine) will be given to use as needed. Regular Tylenol (acetaminophen) can also be used for pain.

**OTHER FINDINGS:** An unpleasant smell from the mouth is common after surgery and may last for up to 2 weeks. As the surgical site heals the odor will resolve. Your child may also complain of neck or ear pain after surgery. This discomfort is caused by the gentle stretching of the jaw muscles during surgery as the mouth is opened and will resolve in a few days.

**BLEEDING:** If there is any bright red bleeding from the nose or mouth please call the office.

**INABILITY TO DRINK:** If the patient refuses or is unable to take liquids by mouth please call the office.

**FOLLOW UP:** We request a follow up visit to the office about 21 days after the surgery. In most cases, a child can return to school about three days after an adenoidectomy.