

Post-Operative Instructions: Adenoidectomy

INDICATIONS:

- Enlarged adenoids are removed to improve nasal breathing. In young children nasal breathing is important for mid-face development.
- Recurrent infected adenoids are removed to decrease middle ear, nasal and sinus infections.
- Adenoids usually regress with age. It is unusual to have significant adenoids after the mid to late teens.

WHAT TO EXPECT:

- There is usually minimal complaint of pain following an adenoidectomy.
- Discomfort seems to be worse on the second to third day after surgery.
- Patients may complain of sore throat or ear pain.
- Some complain of headaches a few days after surgery.
- A foul odor from the nose and mouth may occur until healing is complete.
- There may be nausea and vomiting after surgery caused by the anesthesia. This should clear within the first 24 hours after surgery.

ACTIVITY:

- Keep head elevated for a few days after surgery.
- On the day of surgery the patient should be kept quiet most of the day.
- Normal activity, excluding strenuous activity, may be resumed the day after surgery as tolerated.
- It is important to keep the patient moving his/her head up and down and from side to side periodically during recovery. This will help prevent tension in the neck muscles, which is the cause of headaches.

DIET:

- Intake of fluids should be encouraged. Start with clear liquids.
- After any post anesthesia nausea has subsided a normal diet may be resumed.

MEDICATIONS:

- A prescription for pain medication will be provided and should be used as directed.
- An antibiotic is often prescribed after adenoidectomy.
- Medication for post-operative nausea may also be given.

COMPLICATIONS:

- Complications are uncommon following adenoidectomy.
- If a fever greater than 101 degrees, or coughing up more than two teaspoons of bright red blood occurs, the ENT doctor should be notified.
- Should a complication develop, contact our office by calling 801-566-8304. After regular hours, the doctor may be reached by calling 801-596-6665. If you are unable to reach the doctor go to the nearest ER and the hospital and will contact the doctor.

FOLLOW-UP:

- A follow-up appointment should be arranged for two weeks after surgery.
- Our office staff will call the day after surgery to check on the patient and to make the appropriate follow-up appointment.