

Note: This teaching sheet contains general information only. Talk with your child's medical team about specific care for your child.

WHAT IS AN ADENOIDECTOMY?

The adenoids are a collection of lymph tissue that is part of the immune system, which helps the body fight off infections. Adenoids sit above the back of the mouth where the nose connects to the throat. An adenoidectomy is the surgical procedure of reducing the size of the adenoids. An adenoidectomy is one of the most common procedures in pediatric otolaryngology (ENT). An adenoidectomy may be needed when the adenoids are large, blocking the ability to breathe comfortably during sleep or when there are repeated infections. The procedure is performed under general anesthesia and is generally very well-tolerated.

WHAT TO EXPECT AFTER SURGERY?

Your child may experience any of the following:

- **NAUSEA** – It is not unusual for your child to have nausea following anesthesia. If vomiting persists more than 3-4 times on the day of surgery, or continues more than 24 hours after surgery, please notify the office.
- **FEVER** – A fever (up to 101.5°F) is common and acceptable for the first 5 days following surgery. This is part of the body's inflammatory response to surgery. If it is persistent or very high, please call our office.
- **EAR PAIN** – Ear pain is very common after this procedure. This is known as “referred” pain from the throat that the body misinterprets as coming from the ears.
- **NECK STIFFNESS/PAIN** – Neck muscles adjacent to the adenoids may become inflamed after surgery and cause discomfort. Ibuprofen (Motrin®) is recommended to assist with easing discomfort. If it persists after 5 days, call the office.
- **BAD BREATH** – Extremely bad breath is very common and does not signify an infection or problem. This will resolve as the wounds heal. You may brush your child's teeth normally, but do not expect it to make the breath any better.
- **HIGHER PITCHED VOICE** – This is a normal result following removal of the adenoids. If it occurs, it usually subsides within several weeks after surgery.
- **BLEEDING** – Bleeding is rare with adenoid removal. Except for small specks of blood from the nose or in the saliva, bright red blood should **NOT** be seen. If this does occur, please call the office.



DIET:

No specific restrictions. Your child may eat whatever is tolerated. ***Drinking plenty of fluids is the most important key to your child's recovery.*** Recommendations include starting with soft, cold drinks and foods, as the throat may be sore. It is very important that your child drink enough fluids to avoid dehydration. Signs of dehydration include decreased urination/fewer wet diapers, dry lips/mouth, sunken look around eyes, and/or lack of tears when crying. If you are concerned or have questions, please call the office.

ACTIVITY:

Your child should rest for 2-3 days after surgery. Your child may return to school as early as 3 days after surgery, but no physical education, strenuous activities, or organized sports/activities for at least one week after surgery. A cool mist humidifier may be helpful in the bedroom at night for sleeping, and nasal saline sprays may assist with post-operative nasal congestion.

PAIN CONTROL:

Only mild pain is expected after an adenoidectomy. You may give acetaminophen (Tylenol®) and/or ibuprofen (Motrin®) as needed for pain management. Please follow the dosing guide on the associated packaging.

**In the case of an urgent concern or emergency, call 911
or go to the nearest emergency department right away.**

**Please call your PENTA medical team if you have any questions or concerns about
how your child looks or feels after surgery at 404-591-1288 (M-F 8AM-5PM)
or 404-255-2033 (after hours to reach the on-call provider)**

