

Vail Valley Ear, Nose & Throat Group, P.C.
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POST-OP INSTRUCTIONS

ADENOIDECTOMY

If only the adenoids have been removed, your child will usually be feeling well and eating a normal diet in about 5 to 7 days. I recommend liquids and soft foods only for at least the first 3 days. It is important to keep your child well hydrated. You should therefore make sure that plenty of fluids are consumed. Your child may also experience a slight fever (up to 101 degrees) and foul smelling breath. These can be helped with Tylenol and plenty of fluids. Occasionally a stronger pain reliever such as Lortab is needed. Feel free to call for this if a prescription was not given to you at the time of surgery. I should also have given you a prescription for an antibiotic to use for 5 days after surgery.

In some children, the adenoids are so large that upon removal the child may have a nasal sounding voice. In some cases, he or she may even have some liquid come out of the nose when drinking. These conditions are almost always temporary, and should resolve when healing is complete.

It is also not uncommon for your child to have some ear pain after an adenoidectomy. This is caused by referred pain from nerves that pass close to the adenoids and therefore become irritated with the surgery. Again, Tylenol or Lortab will usually help this pain.

I should see your child about 1 week after surgery. Please call for an appointment, if one has not already been made. Also, do not hesitate to call for any questions or concerns after surgery.