

## Post-Operative Instructions: Adenoidectomy (Child)

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- **Diet** - Your child will probably be able to return to a normal diet within a few days of the operation. Please keep your child well hydrated by drinking plenty of liquids.
- **Activity** - Returning to school will depend upon the speed of your child's recovery. In general, your child may return to school within 2-3 days after surgery. Older children should refrain from strenuous activities for 1 week. All children should avoid nose blowing and swimming for 7 days.
- **Pain** - Your child will experience mild throat discomfort and perhaps some neck stiffness. These symptoms are best treated with Children's Tylenol® or Children's Ibuprofen. Do not use aspirin products as these can cause bleeding. Severe throat pain, neck pain, or neck stiffness is uncommon and if this occurs may be signs of an infection. If you experience severe throat pain, neck pain, or neck stiffness please contact your ENT Surgeon.
- **Fever** - Your child may run a low grade fever (100-101°F) for a few days. If it persists despite treatment with Tylenol®, please call your doctor.
- **Bad breath** - Your child may have foul odor to the breath. This will resolve within 7-10 days.
- **Speech changes** - Your child's voice may sound different immediately after surgery. This will slowly improve over the next several weeks. If your child drinks very quickly, fluid may be felt in the nose. This sensation will pass after a few weeks.
- **Bleeding** - Nasal discharge is common after surgery, but continuous nasal bleeding should not occur. Please contact your doctor's office if bleeding occurs from the nose or mouth. If you are unable to reach your doctor, proceed to the nearest emergency room.