



# Department of Otolaryngology

[www.connecticutchildrens.org](http://www.connecticutchildrens.org)

860.545.9650

## POST-OPERATIVE INSTRUCTIONS FOR ADENOIDECTOMY

Immediately following surgery, your child may be fussy or sleepy. Your child should do quiet activities for three days follow surgery.

### Diet and Nutrition

Start with breast milk or formula for babies and clear liquids (water, apple juice) for older children. If those fluids are tolerated, then your child can resume a normal diet without restrictions. If vomiting occurs, stop feeding for one hour, then give clear liquids and advance slowly to a regular diet.

### Medication

Give your child the age-appropriate dosing of acetaminophen (Tylenol) or other pain medication as instructed by your child's surgeon.

### Care

It is normal for your child to have a slight amount of bleeding from the nose for 1-2 days after surgery. A moderate amount of nasal stuffiness or congestion is normal. Your child may blow his/her nose gently, but may not find relief because the congestion is caused by swelling after surgery. It should improve after several days.

You may notice a bad breath type of odor coming from the mouth or nose. This is normal for 7-10 days during the healing process.

Your child's voice may sound different for 3-4 weeks following surgery. This is normal and resolves over time.

### Follow-up Appointments

Please follow up as directed by your child's surgeon.

Should you have any additional concerns, please call us at **860.545.9650**. Call our office immediately if you notice any of the following:

- Inability to tolerate diet
- Bright red blood from the nose or mouth that does not stop after five minutes
- Increasing pain or pain not controlled by medication
- Fever of 101.5°F or greater