



Department of Otolaryngology

www.connecticutchildrens.org

860.545.9650

Kids are great! We just make'em better.®

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