



Adenoidectomy Post-op Care Sheet

How long does surgery take?

It takes Dr. Sipp about 20-30 minutes to remove the adenoids. Surgery will be done under general anesthesia using a mask, IV and breathing tube to keep your child asleep and pain-free during the surgery.

Post-op Pain

Pain after an adenoidectomy is less than with a tonsillectomy. Most children report some discomfort in their nose, throat, or neck that can last for 3-5 days. Pain can be controlled with Tylenol or Motrin. If pain is not controlled, please call our office for advice.

Eating and Drinking

There are no restrictions with eating and drinking after an adenoidectomy. Dr. Sipp recommends drinking lots of fluids to stay hydrated after surgery. Most kids enjoy popsicles and ice cream. Acidic and spicy foods may burn for the first week post-op, so you may want to avoid these types of foods.

Nausea and Vomiting

Nausea and vomiting are common, especially the day of surgery, and usually related to anesthesia. Go slow with giving liquids and advancing to their regular diet after surgery. We can call in some nausea medicine if your child is still vomiting or having nausea the day after surgery and conservative measures aren't working. Worst case scenario, we will recommend you come back to the ER for IV hydration if your child is unable to keep any liquids down in a 24-hour period.

Bleeding

Bleeding is very, very rare after an adenoidectomy. A small amount of blood tinged secretions from the nose can be normal, but if you notice any amount of blood from the nose or mouth greater than a teaspoon, please call the office number (24/7) for further advice.

Fevers

Postoperative fevers are common, especially between 6 pm and 6 am on days 1-4 after surgery. As long as they go away with Tylenol or Motrin and the patient feels fine, there is no concern. If a fever does not quickly resolve and your child appears ill, please call our office for further instructions. A trip to the emergency room for medical evaluation and IV fluids can be helpful.

Questions or concerns? Please call our office at 404-591-1426



Peach Pediatric ENT *Dr. Andy Sipp*

Halitosis (Bad Breath)

Bad breath is very common after an adenoidectomy. It's caused by the healing scab where the adenoid was removed. You can brush teeth normally, but unfortunately, it will not help the bad breath. Mouthwash will not help either. Just give it time to resolve on its own. If it lasts more than 14 days, please let our office know.

Congestion

Some children will sound more congested during the first 7-10 days after surgery. You can use nasal saline spray (like Little Noses Saline Spray) 2-3 times a day to help with the congestion. If the congestion lasts longer than 10 days after surgery, let our office know.

Constipation

If your child has not had a normal bowel movement within a couple of days after surgery, be proactive and either give them foods that prevent constipation (raisins, prune juice, etc.), or go to the pharmacy and purchase Miralax.

Activity

Patients should stay out of sports, P.E./gym class, playgrounds or other strenuous activity for about a week. Particularly avoid any activities that involve changes in pressure, this includes: trampolines, airplane trips, or jumping on the bed. No swimming or submerging head under water for 1 week. After a week, you may resume all regular activities.

Travel

Avoid long car rides where you would be unfamiliar with available hospital services for 1 week after surgery.

School

Most children will miss 2-3 days of school after surgery. Children can return to school if they are able to get through the day without pain medicine. Remember, no physical activity for one week!

Follow-up

Many children do not need a formal postoperative visit, but we are always happy to hear how your child is doing. If your child has unresolved issues of nasal congestion, infections, snoring, or swallowing problems please schedule a visit.

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