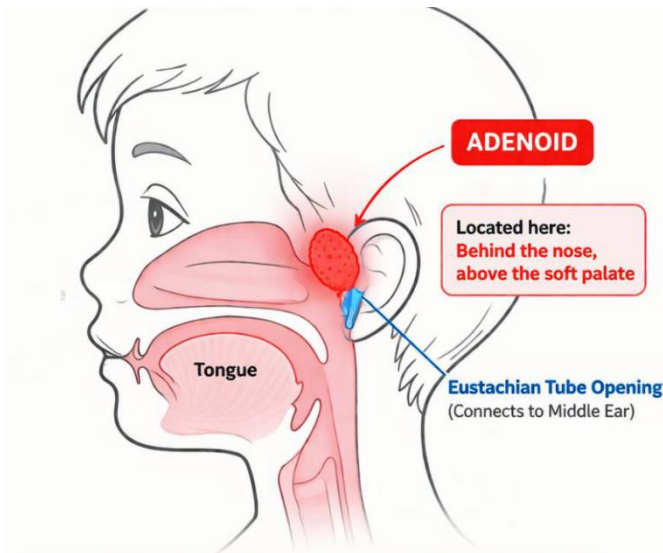




Adenoidectomy *Post-operative instructions*

Adenoidectomy (Removal of the adenoids) The adenoids are located behind the nose and hidden from view by the palate (roof of the mouth). Chronic obstructive rhinitis, frequent ear infections, nasal airway obstruction, or obstruction of the eustachian tube (a passage that connects the middle ear to the back of the throat) are some reasons for removal (adenoidectomy).

Surgery is performed under general anesthesia, for most kids this is outpatient surgery (This means you have surgery and go home the same day). If your child has multiple medical problems or severe obstructive sleep, they may need to stay in the hospital one night for observation. The adenoid is removed through the mouth (behind the palate) using a special tool that shaves down the tissue.



Key Point: Adenoids sit high in the throat, behind the nose. When enlarged, they can block airflow and lead to congestion, mouth breathing, snoring, or ear infections.

General Instructions

Following surgery most kids will recover within 1-3 days. Some children will complain of a sore throat for a few days after surgery. Snoring and mouth breathing is normal after surgery due to the swelling in the back of the nose.

Drinking fluids and nutrition are very important to ensure healing. Your child may eat a normal diet after surgery. There are no diet restrictions.

Antibiotics are not typically needed after surgery. Some children may have a low-grade fever, this is normal for a few days after surgery. Some kids can have bad breath for a period after surgery, this is normal.

Normal activities may be resumed as soon as your child feels up to it. Most children can go back to school/daycare the next day after surgery. Some

surgeons prefer no underwater swimming for a few weeks after surgery.

Who to call?

Please direct all questions and concerns related to your child's surgery to our office (904) 398-5437

Pain Control

A mild amount of throat discomfort is to be expected after adenoidectomy. Some children will complain of headaches or ear pain for a few days after surgery, this is usually relieved with pain medication. Children should be given Acetaminophen (Tylenol®) and Ibuprofen (Advil® or Motrin®) alternating every 3 hours after surgery for pain.

CAUTION: Medications containing Ibuprofen should not be taken during the 10 days PRIOR to surgery. Medications containing Codeine or Toradol should NOT be used for children after adenoidectomy.

The Operative Site

A foul odor is common from the mouth/nose. Teeth brushing is allowed and encouraged. Using a room humidifier (at night) or nasal saline spray is recommended to help with oral dryness, snoring and congestion.

Nose bleeding is uncommon, if this happens, the nasal decongestant Afrin (Oxymetazoline) can be used to help stop bleeding. If bleeding does not stop call our office or go to the Emergency room.

Post-Operative Pain Medication Dosing Guide

If your child weighs:	Acetaminophen (Tylenol) (160mg/5ml)	Ibuprofen (Motrin/Advil) (100mg/5ml)
11-22lbs (5-10kg)	2.5ml (80mg)	2.5ml (50mg)
23-34lbs (11-15kg)	5ml (160mg)	5ml (100mg)
35-45lbs (16-20kg)	7.5ml (240mg)	7.5ml (150mg)
46-56lbs (21-25kg)	10ml (320mg)	10ml (200mg)
57-69lbs (26-31kg)	12.5ml (360mg)	12.5ml (250mg)
70-80lbs (32-36kg)	15ml (480mg)	15ml (300mg)
81-93lb (37-42kg)	17.5ml (560mg)	17.5ml (350mg)
94-133lbs (43-60kg)	20ml (640mg)	20ml (400mg)
134-153lbs (61-70kg)	20ml (640mg)	20ml (400mg)
>154lbs (>70kg)	20ml (640mg)	20ml (400mg)

1 Teaspoon = 5 ml

Tylenol (Acetaminophen) is available as a suppository (you can get this at any pharmacy without a prescription) and may be recommended if your child is having difficulty swallowing.

Liquid/syrup medications may be mixed with a clear “tasty” liquid to make it easier to swallow.

Benadryl with Advil/Motrin is a good choice for additional pain relief and nausea if Tylenol/Advil alone are not sufficient.

Benadryl OTC (Diphenhydramine) – 12.5mg/5ml, May be given up to every 6 hours

2-6 yrs old: 2.5ml

6-12 yrs old: 5ml

>12 yrs old: 10ml

Make a Medication Record to write down the time and medication you are giving. Especially if you are giving medication for days this will help you remember when you gave the last medication, so you do not miss a dose.

Updated 3/26 AB

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