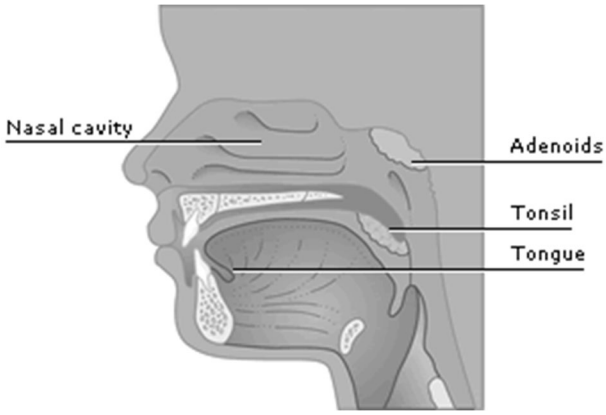
pediatric ENT
OF OKLAHOMA
A DIVISION OF
McBRIDE ORTHOPEDIC HOSPITAL

9900 Broadway Ext, Ste #200
Oklahoma City, OK 73114
Phone: 405.608.8833
Fax: 405.608.8818

Adenoidectomy
Home Care Instructions

Your child needs an operation called an adenoidectomy to take out his/her adenoids. Adenoids are lumps of tissue up behind the nose. You cannot see your child's adenoids when looking in the mouth. When adenoids are too large, they may need to be taken out.



Removing enlarged adenoids
Your child may have had enlarged adenoids since soon after birth, or they may have grown too large from repeated infections. Enlarged adenoids can interfere with your child's breathing, especially at night when he/she is sleeping. Taking out adenoids improves nasal breathing. Enlarged adenoids can also affect the tubes that connect the ears and the back of the nose. If your child often has ear infections or chronic fluid in his/her ears an adenoidectomy may help him/her have healthier ears.

Surgery to remove the adenoids
This procedure is done under general anesthesia. This will make sure your child sleeps through the operation and does not feel any pain. While your child is asleep, the doctor will take out the adenoids through your child's mouth. Your child will not get stitches.

Your child will probably be able to go home on the same day
Most children are ready to go home from the hospital after about 2 hours. Sometimes, children need to stay for a longer time.

Pain
Follow these instructions when your child goes home after the procedure:

- You will need to give your child medicine for pain.
- We will provide you with a prescription for pain medication before you leave the surgery center. Follow the dosage instructions given to you by the pharmacist. Although these prescription pain medications can be beneficial, they must be used consistently to be effective.
- When using these medications, if you notice any changes in either breathing or level of drowsiness that concern you, stop the medication and seek medical attention. If your child is unresponsive, call 911 immediately.
- Do not give your child over-the-counter medicine that may have a sedative effect (makes people sleepy) while giving the prescription for pain medicine. Examples of these medicines are decongestants and antihistamines. Discuss these medications with your pharmacist.
- Do not give your child Aspirin for 2 weeks after the surgery. This medication could increase your child's risk of bleeding after the operation.

Diet
It is very important that your child have lots to drink after the operation. Let your child drink as much liquid as he/she wants. When your child can drink liquids without throwing up, he/she can eat a regular diet. There are no dietary limitations after adenoidectomy.

Mouth care
Your child can rinse his/her mouth with water or brush her teeth. To help your child breathe more comfortably you can use a humidifier. This machine makes the air moist with a cool mist. Your child's voice may sound nasal for up to 3 months after the procedure. Your child may continue to have nasal stuffiness after surgery. After 3 weeks the child will have recovered from the procedure and we expect an improvement to be seen.

Activity
Your child can resume contact sports one week after surgery. Your child may shower or bathe as usual. Your child may return to school or daycare 2-5 days after the operation.

Fever
Children may develop post-surgical fevers if they do not drink enough liquids. Fever may also be a sign of infection. A slightly raised temperature is common for the first 3 days after surgery. Check your child’s temperature if he/she feels warm. Call your child’s surgeon if his/her temperature goes above 101°F by mouth or 102°F rectally.

Contact us
On weekdays from 8:00AM to 4:30PM, call our office 405-608-8833. In the evening after 4:30PM, weekends, and holidays call the after-hours answering service at 405-330-4420. The doctor is available for emergencies 24 hours a day, 7 days a week.