



HOME CARE INSTRUCTIONS

ADENOIDECTOMY

The adenoids are found in the upper part of the throat, above the palate. Adenoidectomy is the operation to remove the adenoids.

WHAT TO EXPECT

You can expect your child to complain of a sore throat. Swallowing is painful. Give your child the medicine for pain that your doctor ordered. Do not give aspirin or aspergum because it may increase the chance of bleeding. You may use an ice collar on the throat to help with the pain relief.

Your child will have some ear pain for as long as two weeks after surgery. This pain is referred pain from the tonsillar area and does not mean that anything is wrong with ears.

Frequently there will be a nasal quality in your child's voice following the operation. This is a natural accompaniment of removal of bulky tonsils and/or adenoid tissue from the resonating cavities of the mouth and back of the nose. This may persist for several weeks until the muscles readjust. It may be helped somewhat by having the child say "kick" many times a day. This exercises his throat and mouth muscles.

Your child will have bad breath, but this is normal and will go away.

DIET

Your child needs to drink lots of fluids. This is very important. You want to avoid citrus juices such as orange or grapefruit juice because these juices may burn the throat. Eating and drinking helps healing and decreases pain because it exercises the sore muscles in the throat.

The diet should be frequent liquids, especially for the first three (3) days. These may include milk, water, ginger ale, cola or other carbonated beverages, ice cream, popsicles or soups. Lack of proper fluid intake may cause high fever from dehydration! The second day milk, toast, Jello or any soft food may be added. Harsh, hard or rough foods may cause pain or bleeding from the throat. As soreness decreases, a normal diet may be resumed. As long as fluid intake is adequate, your child will resume eating solid food voluntarily as the discomfort subsides.

ACTIVITY

Your child may be up and about but needs to be limited to quiet play. Your child should not take part in contact sports or strenuous play until instructed by your physician.

Your child may return to school when instructed by your physician, usually 7 to 10 days. Physical education classes should not be attended for two weeks after surgery.

WHEN TO CALL THE DOCTOR

If your child has persistent bright red bleeding from the nose or throat

If your child has persistent vomiting or vomits old dark blood

If your child's temperature is 101.5° or more (slight fevers after surgery are normal)

If you have any questions (please hold non-emergent questions for calls between 8:30 AM to 4:30 PM, Mon – Fri)

TIME IN THE HOSPITAL

The operation may be performed as an outpatient or may require an overnight stay, depending on various conditions. Your doctor will discuss this with you.

FOLLOW UP

Call the office at **623-0526** on the day of discharge to set up a post op appointment. It is important to make this call as soon as possible, since the doctor's schedule can fill up quickly. The Appointment Scheduler will know when your post op appointment is due depending on the type of surgery performed, unless otherwise directed by your surgeon.

DOCTOR'S PHONE NUMBER

757-623-0526

www.entltd.com

