

Post-Operative Adenoidectomy Instructions

Background information:

The adenoids are an accumulation of lymph tissue located in the back of the nose in close proximity to the Eustachian tube. Patients with enlarged adenoids may present with one or a combination of the following symptoms: mouth breathing, snoring, sleep disturbance, purulent nasal drainage (chronic adenoiditis), hyponasal speech (nasal quality), or otitis media (ear infections).

The purpose of an adenoidectomy is to either create a more open nasal airway, to reduce the frequency of ear infections, or to eliminate a source of chronic infection. The surgery requires approximately 45 minutes of general anesthesia in an outpatient ambulatory surgery center.

Please review and follow all the instructions located in the preoperative surgery packet.

Common Post-operative Expectations:

1. Mild sore throat for 1—7 days
2. Low grade fever (100—101 degrees) up to 1 week
3. Increased nasal stuffiness due to postoperative swelling in the posterior region of the nose and an increase in intranasal secretions. Occasional blood tinged secretions are noted in the first 24 hours.
4. Decreased energy level for approximately the first 24 hours.
5. Possibility of postoperative vomiting
6. Possibility of hypernasal speech (sounds like excess air is escaping through the nose when speaking). This is generally temporary and may take 3—6 weeks to resolve.
7. Halitosis (bad breath)

Post-operative Instructions :

1. **DO NOT BLOW** the nose for at least 1 week (sniffing and dabbing is allowed)
2. **Activity level:** Patients may return to school as early as 48 hours after surgery or at the discretion of their parent within the first week.
3. **Patients of Dr. Daniell** may resume athletics in 48 hours after surgery.
Patients of Dr. Carwell and Dr. Reddy may resume athletics 1 week after surgery.
4. **Diet:** Postoperatively encourage clear fluids to decrease the chance of vomiting in the initial hours after surgery. (water, apple juice, Jello, popsicles, soup). Progress to a normal diet when the patient appears ready.
5. Take all medications as ordered.

Post-Operative Adenoidectomy Instructions
--

Call the office @ 224-2353 if the following occurs:

- 1. Persistent episodes of vomiting**
- 2. Bleeding:**
 - A) If there is brisk bright red bleeding (like a fresh nosebleed) that develops between 8:30 am and 5:00 pm call the office at 224-2353. Otherwise go directly to the Hospital Emergency Room.**
 - B) Slow bloody drip:** First spray each nostril with 12-hour Afrin decongestant spray while sniffing spray as far into the nose as possible.
Wait 10 -15 minutes (by the clock) keeping the head elevated and forward.
After waiting for medication to take effect, tilt the head forward over a tissue and monitor for active dripping. If dripping persists call the office for advice.
- 3. Increased fever greater than 101 degrees despite the use of Tylenol**
- 4. Increased foul odor to the breath and decreased level of activity.**

03/07
06/12 (rev)