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Post Operative Surgical Instructions Adenoidectomy

Background information:

The adenoids or pharyngeal tonsils are an accumulation of lymph tissue located in the back of the nose in close proximity to the Eustachian tube. 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 objectives of an adenoidectomy are 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 week**
2. **Low grade fever (100—101 degrees) up to 1 week**
3. **Increased nasal stuffiness due to post operative swelling in the posterior region of the nose and an increase in intranasal secretions. Occasional blood tinged secretions are noted in the first 24 hrs.**
4. **Decreased energy level for approximately the first 24 hrs.**
5. **Possibility of post operative 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.**

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 hrs after surgery or at the discretion of their parent within the first week.
3. Patients of **Dr. Daniell** may resume athletics in 48 hrs after surgery. **Dr. Carwell and Dr. Reddy** would prefer their patients not resume athletics or strenuous activities for 2 weeks after surgery.
4. **Diet:** Postoperatively encourage clear fluids to decrease the chance of vomiting in the initial hours after surgery. (water, clear juices such as apple, Jello, popsicles, soup). Progress to a normal diet when the patient appears ready.
5. Take all medications as ordered.

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

1. **Persistent episodes of vomiting**
2. **Bleeding:**
 - A) **Brisk bright red bleeding (like a fresh nosebleed), call the office or go to the Hospital Emergency Room.**
 - B) **Slow bloody drip:** First spray each nostril with 12 hr Afrin decongestant spray 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 and associated with increased pain, increased foul odor to the breath, and decreased level of activity.**