

ADENOIDECTOMY **CARE AT HOME INSTRUCTIONS**

What should I expect after surgery?

- Nasal stuffiness or drainage
- Sore throat
- Bad breath
- Some difficulty swallowing
- Stiff or sore neck
- Sore ears because the throat and ears have the same nerves
- To prevent bleeding, avoid nose-blowing and spitting. Wipe the nose gently if needed.

What can my child eat?

- There are no restrictions
- Your child can eat his or her normal diet, as long as he or she is comfortable eating it.
- Your child may prefer clear liquids or a soft diet at first. Liquids are more important than foods. Avoid hot liquids.
- Encourage your child drink lots of fluids. He/she may use a straw, which may promote adequate fluid intake.

How active can my child be?

- Healing can take several days. Your child should not attend daycare or school for three to five days.
- They should rest at home quietly, away from busy and smoky places. Stay away from people with coughs and colds.
- Encourage quiet play or non-strenuous activity at first. Your child should be able to return to normal activity within a week.

What if my child complains of pain or discomfort?

- Give your child acetaminophen (Tylenol® or Tempra®) every four hours for the first 24 hours. For best pain control, this includes waking your child up during the night.
- Then give acetaminophen every four hours when needed for pain relief. Encourage your child to take pain medications or tell you that he or she needs pain medications as soon as it starts to hurt.
- For the right amount to give, follow the instructions on the acetaminophen bottle using your child's weight. Do not give more than five doses in 24 hours.
- This includes the doses that were given at the hospital.
- Your child's weight is _____ kg. Acetaminophen was last given at _____.
- For questions about your child's medications, talk to your doctor or pharmacist.
- Additional medication:

Do I need a follow-up appointment?

- Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.
- Call the clinic the next day to schedule a follow-up appointment for _____ week/s from today.

When should I call the doctor?

- Spitting up blood clots.
- Sudden nosebleeds that will not stop.
- Vomiting bright red blood.
- Pain that is not relieved with the medicine that has been recommended.
- Temperature higher than 38.5°C for longer than 24 hours.

**For postoperative questions or concerns, please contact our
Pediatric ENT Nurse Practitioner at 780.407.1966
weekdays (Monday to Friday) from 7:00 a.m. to 5:00 p.m.**

If you have problems that you cannot resolve, and you are unable to reach the doctor or nurse practitioner, please be sure to take your child to the nearest emergency department