

**S.C.E.N.T.**

Southern California Ear, Nose and Throat  
433 E. Wardlow Rd.  
Long Beach, CA 90807  
Phone: 562.427.0550 Fax: 562.988.8899

**Post-Operative Instructions for  
Adenoidectomy****Procedure:**

Adenoidectomy is a surgery to remove the adenoids, also called the adenoid pad. The adenoids are lymphoid tissue (like tonsils), but are located at the very back of the nose, on the back of the wall of the throat.

The recovery period after adenoidectomy generally takes between 3-7 days, but sometimes can take as long as 2 weeks. Please follow our instructions for a smooth, safe recovery.

**INSTRUCTIONS FOR HOME:**

**Expectations:** After surgery, the patient may experience one or more of the following for up to two weeks after surgery.

- Ear and throat pain- due to the adenoids healing
- Stiff neck-usually mild and last for a few days. If the neck pain is severe and associated with inability to move neck, call us.
- Foul smell to the breath
- Nasal discharge
- Fever- if this is very high (greater than            F) or is associated with rapid or labored breathing while awake, call us.
- Snoring, mouth breathing, or nasal congestion-may last for several weeks
- Mild cough
- Change in voice quality
- Difficulty swallowing

**ANY BLEEDING FROM THE NOSE OR MOUTH IS ABNORMAL- CALL  
US IMMEDIATELY: 562.427.0550**

**Diet:**

On the night of surgery limit the patient to a light diet to help prevent vomiting after the surgery. The patient does not need to eat or drink until the next day. If desired, soups, Jell-O, juices, and popsicles are allowed. No heavy foods, including milk, should be eaten on the evening of surgery. On the day after

surgery, the patient may eat anything he or she wants, as long as the stomach had settled.

Some children after adenoidectomy will refuse to eat or drink. If this is severe enough, the child could become dehydrated. Signs of dehydration are: a low grade temperature, dark “straw” colored urine, little or no urine output, dry cracked lips, sunken eyes, and absence of tears when crying.

Call our office if your child experiences these symptoms and you are concerned.

**Activity:** Normal activities may be resumed as tolerated. School, physical education, and other sports may be resumed at the patients’ discretion, unless otherwise instructed by your surgeon.

**Medications:** An antibiotic may be prescribed upon discharge from the hospital. It should be started the day after surgery. Please finish the entire prescription as directed.

The pain medications(s) prescribed should be taken every 4-6 hours around the clock when awake for the first 3-5 days. After that, use pain medication as *needed* for pain.

Over the counter decongestants may be used for nasal stuffiness if needed

**DO NOT USE ASPIRIN OR IBUPROFIN PRODUCTS SUCH AS ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS**

**Follow-Up:** Schedule the patient for a follow-up appointment in our office 2-3 weeks after surgery.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550