

## ADENOIDECTOMY

If your child has just had an adenoidectomy, the following information may be helpful.

**DIET-** Since the area that has been operated on is not directly in the pathway that food goes through, the throat is usually tender only on the first day after surgery. Be sure he/she has plenty to drink. If this is well tolerated, you may proceed to a regular diet the next day. **Avoid All Hard Scratchy foods for a week.** This includes chips, peanuts and dry cereal.

**ACTIVITY-** Your child may not act in his usual way for a few hours after their anesthesia. By the next morning, your child may not feel capable of resuming his/her usual activities for a week. This includes bike riding, roller skating, and actively participating in sports activities

**PAIN-** There is usually only slight discomfort for the day. This is usually well controlled with acetaminophen (such as Tylenol, Liquiprin Tempra, or Panadol). Do not use any products containing aspirin (such as Anacin, Aspergum, Bufferin, and Alka Seltzer).

**FEVER –** There may be a slight elevation during the first day. If your child is eating and drinking normally by the second day, there should be no fever. Your child may have a foul odor on the breath. This will stop by itself in a few days.

**FOLLOW UP VISIT-** If you do not already have a follow up appointment scheduled for seven to ten days from now, please call the office later today to set one up.

**CALL THE OFFICE-** At any time if you notice any of the following:

- Temperature over 102 degrees
- Bright red blood coming from the mouth or nose.