



Adenoid Surgery

Patient and Family Education

This teaching sheet contains general information. If you have any additional questions, please speak with the office nurse at (813) 262-1330.

What are Adenoids?

The adenoids are a small pad of lymph tissue located in the back of the nose, above the throat. Adenoids can become enlarged causing your child to breathe through the mouth or snore at night. Adenoids can also become chronically infected leading to sinusitis or ear infections.

How long will it take to recover?

Most children are back to normal within 24 hours after surgery. Some children take a few days to recover. Increased snoring or nasal congestion is normal after surgery and caused by temporary swelling in the back of the nose. Bad breath is also normal and caused by the scabs that form after surgery. The snoring, congestion, and bad breath should be gone within 14 days after surgery. There should be no bleeding from the mouth or nose after surgery.

How can I take care of my child after surgery?

1. **Diet:** Your child can eat or drink whatever they want. Because the adenoids are above the throat there is no risk of increased bleeding.
2. **Pain Medicines:** Give pain medicine (Tylenol or Motrin) every 4 to 6 hours for the first day. If your child has severe pain, please call our office.
3. **Neck Pain:** Mild neck pain is normal after surgery because the adenoids are next to the major neck muscles. If your child experiences neck stiffness please call our office.
4. **Fever Medicines:** A low grade fever less than 101°F may occur after surgery and can be treated with Tylenol. If the fever persists more than 12 hours please call our office.
5. **Bad Breath:** This is normal and may last up to 2 weeks.
6. **Bleeding:** There should not be any bleeding from the nose or mouth after your child returns home. If there is any bleeding please call our office right away. You may notice some slight scabbing or specks of blood within mucus if your child wipes their nose, this is normal.
7. **Activity:** It is best for your child to rest at home the day of surgery. Normal activities can start as soon as your child feels up to it. There is no rule for the right time to go back to school, but a guideline is 2 days.

Post-Op Appointment: A post op appointment is not required unless another surgical procedure is performed at the same time or ear tubes were performed prior to the adenoidectomy and are still in place. For Adenoids only, one of our dedicated clinical team members will contact you directly 3-4 weeks after surgery to assess the healing process and your child's progress.

When should I call the doctor?

Call the office if your child experiences:

- A temperature over 101° F
- Fevers that persist more than 12 hours post-surgery
- Bleeding from the mouth or nose
- Neck stiffness
- Any signs of dehydration
- If you have any concerns about how your child looks or feels

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