

Adenoid surgery (child)

During this surgery, your child's adenoids were removed. Adenoids are small lumps of tissue in the back of the throat. Follow these instructions to help your child recover after surgery.

How do I care for my child at home?

Managing pain

We recommend that you give your child:

1. Acetaminophen (Tylenol[®]) every 4 hours as needed for mild or moderate pain.
2. Ibuprofen (Advil[®] or Motrin[®]) every 6 hours as needed for moderate or severe pain.

Follow the directions on the package carefully.

The amount to give depends on your child's weight.

- Your surgeon may give you a prescription for another pain medication if needed.
- Many medications, vitamins and supplements can cause bleeding. Do not give your child aspirin or any other medications, vitamins or supplements unless prescribed by your surgeon.

Drinking fluids and eating

- Your child needs to drink enough fluids to stay well hydrated. Have plenty of freezies, popsicles, and soups available.
 - Your child can eat or drink whatever he or she likes. Your child may prefer to eat soft food and food that is cold or not very hot.
 - Your child may drink from a cup or bottle, use a sippy cup or straw.
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Activity

- Have your child rest for the remainder of the day.
- Your child can return to school within a few days after surgery.
- Your child should not do gym or sports for 2 full weeks, even if he or she feels well.
- Do not take your child on long trips for 2 weeks after surgery.

What is normal after surgery?

Pain

- It is normal for your child to have some mild ear pain or discomfort. He or she may also have a sore throat.
- Sucking on ice chips or drinking cool fluids may help soothe a sore throat.

Mouth area

- It is common to have bad breath while the throat heals. Encourage your child to brush his or her teeth and rinse with saline (1 tsp of salt in a cup of warm water). Do not use mouthwash, as it may contain alcohol.

Nose area

- Your child may have a lot of mucus in his or her nose for 1 to 2 weeks.
 - To clear mucus from the nose, use a saline nasal spray 3 or 4 times a day for about 2 weeks. Please ask your pharmacist about using a saline nasal spray.
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Who can I call if I have questions?

- Children usually do not need a follow-up appointment with the surgeon.
- If you have any questions, please call your surgeon's office.
- For urgent questions after hours, call 905-521-5030 and ask to speak with the Otolaryngologist-Head & Neck (ENT) surgeon on call.

When do I need to get medical help?

Take your child to the Emergency Department if he or she has ANY of the following problems:

- Blood coming from the nose or mouth
 - Passing much less urine than usual (not peeing)
 - Vomiting more than two times
 - A fever over 38.5°C
 - Difficulty breathing
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