After Your Surgery

Adenoidectomy

CAPITAL ENT & SINUS CENTER

What to Expect

- A sore throat is expected. This usually resolves after a few days.
- Ear pain may occur. It is referred from the throat because the sensory nerves cross paths.
- Temporary tongue discomfort, numbness, or altered taste, caused by the tongue retractor used during surgery.
- Continued snoring and nasal congestion until the swelling goes down (up to 2 weeks).
- A fever up to 101° F may occur within the first couple of days.
- Bad breath for about 2 weeks. Extra tooth and tongue brushing does not help.
- Nausea or decreased appetite for the first few days.
- Bleeding is not common after adenoidectomy. Call us for any bleeding.
- Mild, temporary change in voice.

What to Do

- No special diet is needed: your child can eat as usual.
- Fluids matter most. Keep your child drinking through the day. Adults should aim for about 60 oz (7 to 8 cups) of fluid a day unless told to limit fluids.
- Pain can usually be controlled with over-the-counter Tylenol (acetaminophen) and Motrin (ibuprofen). Using both works better than either one alone. Alternate them, following the dosing on each bottle. For example: Tylenol, then ibuprofen 3 hours later, then Tylenol 3 hours after that. Ibuprofen is typically OK, but in some instances your surgeon may ask you to avoid it to potentially decrease bleeding risk. We will let you know if this applies to you.

What Not to Do

- After anesthesia, we recommend an adult stay with your child the first night. Teens and adults: no driving, alcohol, machinery or signing important papers for 24 hours.
- We recommend not traveling out of town or flying for 1 week in case of bleeding.

When to Call or See the Doctor

- Call us immediately at 512-339-4040 for ANY bleeding from the nose or mouth. For heavy bleeding, if your child is spitting or vomiting blood, or for any trouble breathing, call 911 or go to the nearest emergency room.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Dehydration signs: no pee in 8 hours (or fewer wet diapers), dark pee, dry mouth, no tears, dizziness or unusual sleepiness. Call the same day, or if refusing to drink.
- Severe neck pain, or neck pain that does not respond to pain medication within 48 hours.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

Scan for the full guide