

After your child's adenoidectomy...

it's ok to have these:

Snoring or stuffy nose
May last 1-2 weeks

Light blood from nose
May last for 24 hours

Jaw or ear pain

Mild neck stiffness

Low grade fever
May last up to 1 wk

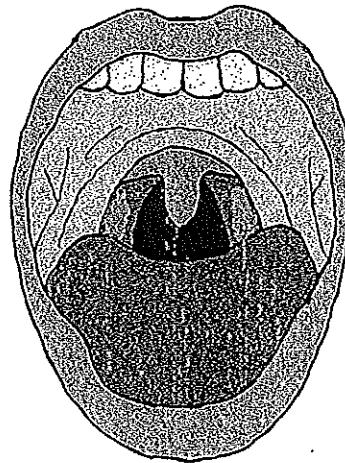
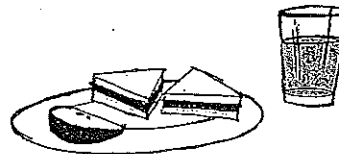
**Refusing solid food for
a few days**

Nausea/vomiting
May last 24 hours and have small
amounts of blood

Bad breath
May last for several days

Change in voice
May sound hoarse or nasal
for several days

Throat pain



but call about these:

Difficulty breathing

Severe ear/throat pain
Not relieved by pain medication

High or persistent fever

**Severe, progressive
neck pain or stiffness**

Drinking too little fluids
Less than 4 cups of fluid per day

**Increased swallowing or
difficulty with talking**

Any bleeding
In vomit or from mouth or nose
Go to emergency room if it lasts more
than a few minutes

Bad smell
From throat after 7-10 days

About diet & activity:

- No changes in diet are needed because the adenoids are located where the back of the nose joins the throat, where it is protected from food and liquids by the palate.
- Your child should get out of bed frequently and return to normal activity as directed by your physician.

Dealing with pain:

- Pain is typically not severe after adenoidectomy. Eating and drinking help reduce pain. Distraction through games, activities, and new toys may also help decrease discomfort.
- Acetaminophen (Tylenol) can be used as often as prescribed, but ibuprofen products (Motrin, Advil) and aspirin should be avoided because they can increase the chance of bleeding.

If you have any questions or concerns, please feel free to contact us.

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For the office call in line weekdays
Between 8:00 am and 4:00 pm, call
617-383-6800

After 4:00 pm on weekdays or all
Day on weekends, call
617-383-6800 and follow instructions
To be connected to ENT physician on call

So your child just had
a adenoidectomy...



*Here are some important
things to know*