

# 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**

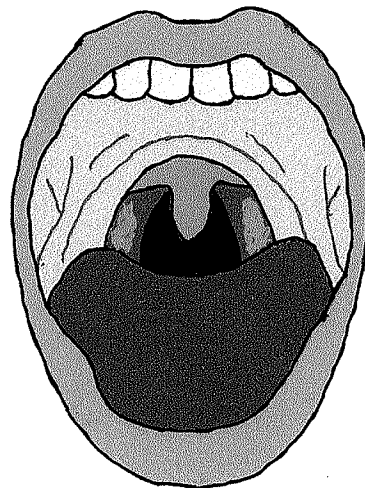
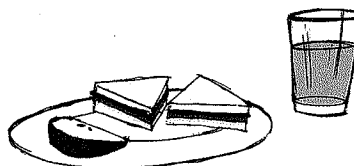
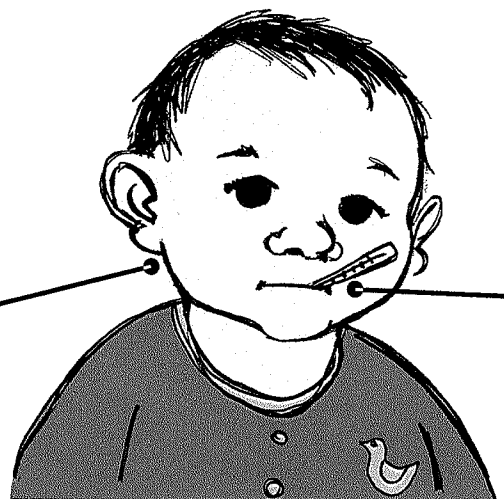
**Any bleeding**

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.

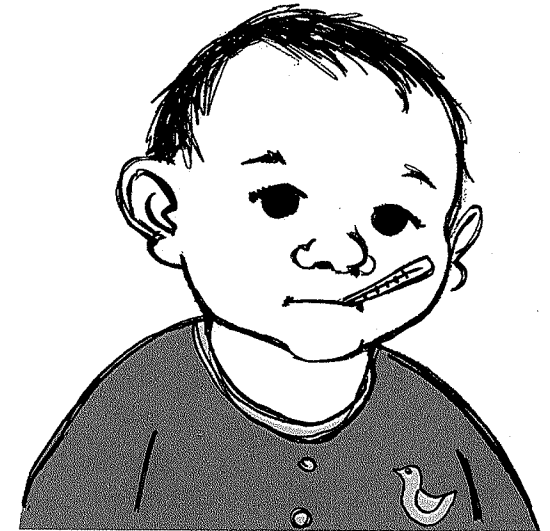
*If you have any questions or concerns, please feel free to contact us.*

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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*