



Children's  
of Alabama

# Adenoidectomy

One Day Surgery • Post Operative Instructions

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1600 7th Ave S • Birmingham, AL 35233 • 205.638.9100

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## WHAT TO EXPECT

- A slight elevation in temperature is to be expected for the first 3-5 days. It should not go above 101 degrees and should not last more than 24 hours. If either occurs, notify your child's doctor.
- Snoring is common for 5-7 days until the swelling goes away.
- Bad breath is normal for several days until the healing is completed.
- A small amount of bleeding may occur as the adenoid beds heal. If bleeding continues or occurs in large amounts, IMMEDIATELY call the doctor's office or go directly to the Children's of Alabama Emergency Department.
- Head and nasal congestion may occur for the first 5-7 days after surgery.

## Activity and Care

- Encourage rest and quiet activity for 24-48 hours.

## Diet

- Your child may become nauseated and vomit on the way home due to motion sickness. DO NOT feed solid food until you reach your destination. Avoid rough, crunchy foods. If nausea and vomiting occur after starting and advancing diet, return to clear liquids and then advance as tolerated.

## Medication

- Children's Tylenol, Motrin or Advil should be given for pain.

## When to Call Your Doctor

- Notify your doctor of excessive drainage, excessive nausea, vomiting and/or temperature over 101 degrees that lasts for more than 24 hours.
- Report any evidence of bleeding to your physician.
- Call if voice has not returned to normal by 3 months after surgery.

## Physicians:

Brian J. Wiatrak, MD, FAAP, FACS  
Audie L. Woolley, MD, FACS

J. Scott Hill, MD, FAAP, FACS  
W. Peyton Shirley, MD, FACS

Nicholas Smith, MD  
Brian Kulbersh, MD

Telephone: (205) 638-4949 or for after routine office hours, call (205) 638-9100 and page the doctor on call for ENT. For emergencies, call 911.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Nurse \_\_\_\_\_ Date \_\_\_\_\_

One Day Surgery Center • Russell Campus | One Day Surgery Center • Children's South