

## Caring for Your Child After an Adenoidectomy

This handout will tell you how to care for your child at home after an adenoidectomy.

### What to Expect

- A sore throat for up to a week.
- A small amount of bloody drainage from the nose is common.
- A low-grade fever up to 102° F is normal. It can last up to 7 days after surgery.
- Neck pain is common for up to 10 days. A warm heating pad (**not hot**), soaking in a warm bath, or massaging the neck may help.
- Foul smelling breath for 2 to 3 weeks.
- Nasal-sounding voice and/or snoring for a while. This will go away in time. If it lasts longer than 3 months, tell your doctor.
- Restless sleep or nightmares may occur for a couple of weeks.

### Diet

Your child may feel sick to their stomach from the anesthesia. Start with clear liquids. Add solid food, as your child can handle it. If they vomit, start over with clear liquids.

Have your child drink plenty of fluids. Give liquids often, even if they are just sips.

### Pain

Your doctor may suggest giving acetaminophen (Tylenol®), along with ibuprofen. You will be told the dosages for both of these the day of surgery.

### Activity

Your child may go back to school or daycare in 2 to 5 days if they feel well. They can take part in normal routines as soon as they feel able.

### When to Call

- Nausea and vomiting that doesn't go away.
- Fever over 102° F
- Bleeding from the nose or mouth that doesn't stop.
- Pain that doesn't go away after Tylenol® and ibuprofen.
- Questions or concerns

### Who to Call

Pediatric ENT Clinic  
Monday through Friday, 8:00 am – 4:30 pm  
**(608) 263-6420, option 3**

After hours, weekends or holidays, this number will give you the paging operator. Ask for the otolaryngology (ENT) doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

The toll-free number is **1-800-323-8942**.