

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

After an adenoidectomy, your child may have:

- A mild sore throat for up to 1 week.
- A small amount of bloody drainage from the nose.
- A low-grade fever up to 102°F. It can last up to 7 days after surgery.
- Neck pain 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 for a couple of weeks.

Your surgeon may tell you to give your child nasal saline sprays or rinses. Follow instructions and call us with any questions or concerns.

Diet

Your child may have some nausea 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 Tylenol® along with ibuprofen, as needed. We will tell you the dosages for both the day of surgery.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4256.

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

Call the clinic if you notice:

- 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

Who to Call

American Family Children's Hospital ENT Clinic

Monday through Friday

8 am – 4:30 pm

(608) 263-6420, option 3

Rockford Pediatric ENT Clinic

Monday through Friday

8 am – 5:00 pm

(779) 696-8499

After hours, weekends or holidays, please call the American Family Children's Hospital phone number. 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**

