

## Adenoidectomy

**General Information:** Adenoidectomy is the surgical removal of the adenoid pad, a midline mass of tonsil-like lymphoid tissue located directly behind the soft palate. Adenoidectomy can help improve nasal congestion and recurrent sinusitis in pediatric patients, and can also help reduce the frequency and severity of ear infections.

**Day of Surgery:** Adenoidectomy is an outpatient procedure that takes about 30 minutes to perform under a general anesthetic. Liquid or soft foods may be taken after your child has fully awakened from the anesthetic. Following a brief period of observation in the recovery room, your child will be discharged home after surgery.

**Activity Level:** The day after surgery, activity should return to normal, and your child may return to daycare or school.

**Pain:** Mild pain in the throat and possibly the ear (referred pain) may be present and is readily relieved with over-the-counter ibuprofen (Motrin) or acetaminophen (Tylenol). A prescription for a stronger pain medication (such as Tylenol with codeine or hydrocodone) may have been provided – use this only if the pain is not adequately controlled with ibuprofen or acetaminophen. Avoid using aspirin for 2 weeks before and 2 weeks after surgery, as this may cause bleeding from the surgical site.

**Fever:** A low-grade fever commonly occurs for several days after surgery. If temperature reaches 102°F, please contact the office; otherwise, continue to encourage oral intake and administer pain medication.

**Nosebleeds:** Mucus from the nose after an adenoidectomy will be tinged with blood. Occasionally, small nosebleeds can occur after adenoidectomy – they are usually minor and stop on their own. If severe bleeding from the nose occurs and does not stop on its own, contact the office immediately or take your child to the emergency room.

**Voice Change:** Very rarely will the voice change after surgery to the point where the patient is difficult to understand. It usually resolves on its own shortly after surgery.

**Contact Information:** The Otolaryngology nurse can be reached at (603) 650-4399 and can answer any additional concerns or questions you may have in the post-operative period. The Dartmouth-Hitchcock Medical Center operator can be reached at (603) 650-5000.

In addition, the following web page has helpful information regarding common pediatric ear, nose, and throat concerns: <http://www.entnet.org/kidsent>.

**Follow-up:** You already have an appointment scheduled approximately one month after surgery in Otolaryngology clinic for your first post-operative visit. If you need to confirm the appointment, please contact the clinic secretaries at (603) 650-8123.