

ADENOIDECTOMY

HOME INSTRUCTIONS FOR CHILDREN

ACTIVITY

- Your child requires constant supervision for the next 24 hours.
- The first few days should be spent resting or playing quietly. Your child may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect them from injury.
- Bad breath and nasal congestion is common for two weeks after surgery.
- Your child should refrain from rough play activities activity for one week.

DIET

- Drink plenty of fluids to prevent dehydration.
- Avoid hot or spicy foods/drinks for one week.

PAIN

- Head and neck pain are common for the first 5-10 days. You may place heat pads or ice packs on the back of their neck to help relieve this pain.
- Intermittent nausea & vomiting for the first 24 hours after surgery or while your child is taking prescription pain medication is COMMON.
- If your child was prescribed a narcotic pain medication, use as directed, and DO NOT combine with additional Tylenol. Take medication with food to prevent nausea. You may give your child an OTC stool softener and have them drink plenty of fluids, adding some fruit juices, to prevent constipation.
- Your child may have Ibuprofen (Motrin, Advil) every six hours for pain.
- Your child may have Tylenol every four hours for pain (if not taking a prescription pain medication).
- Children should never be given Aspirin due to the risk of Reyes syndrome.
- Using a cool-mist humidifier can be helpful.

YOUR CHILD'S NEXT DOSE OF _____ CAN BE GIVEN AT _____ TODAY.

BLEEDING

- Blood tinged, watery drainage is expected, but profuse bright red blood through the nose and/or mouth is not normal. Call 911 or take your child to the nearest emergency room.

When to CALL YOUR DOCTOR (CALL 208-367-3320 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Inability to drink enough fluids, and your child is showing signs of dehydration such as dry lips and infrequent urination.
- Persistent nausea and vomiting lasting longer than 24 hours.
- Pain that is not controlled by prescribed medication.

When to take your child to the EMERGENCY ROOM

- If your child has difficulty breathing.
- Uncontrollable bleeding, coughing or vomiting up large amounts of bright red blood.
- If you are unable to reach your physician and need help.