

What are adenoids?

Adenoids are patches of tissue that help trap germs and prevent infections. They are located high in the throat and behind the nose. You cannot see them by just looking.

What is an adenoidectomy?

An adenoidectomy is surgery to remove the adenoids. Your child may need this surgery if:

- Their breathing gets blocked during sleep.
- They have repeated infections.

What should I expect after surgery?

After surgery, your child may have:

- Discomfort in the back of the nose.
- A stuffy nose.
- Upset stomach after anesthesia (medicine to put them to sleep for surgery). To help your child's upset stomach, give them small sips of fluids like water, apple juice or sports drinks, such as Gatorade, Powerade or Pedialyte, every 5 to 10 minutes until their stomach starts feeling better.
- Fever and sore throat. A low grade fever (up to 101.5°F or 38.6°C) is common for the first 5 days after surgery. Most children have a sore throat after their adenoids are removed. To help your child feel better:
 - Give them medicine as advised by the doctor.
 - Have them drink plenty of fluids.
- Ear or neck pain. This pain is actually coming from where the adenoids were. Call the doctor if your child's neck pain is severe (very bad) or they have trouble moving their neck.
- Very bad breath that will get better as the wounds heal. You may brush your child's teeth to help them feel better, but it will not improve their bad breath.
- Voice changes. This is normal and most often goes away in 2 or 3 weeks. Your child's voice may sound higher pitched, muffled or nasal.
- Bleeding.
 - Small specks of blood coming from the nose or in the saliva (or spit) are OK.
 - Any amount of bright red blood, large clots or vomiting (throwing up) blood is **NOT normal**.
 - Bleeding can be **very serious** if not checked by a doctor. **Call your child's doctor if any bleeding happens.** The doctor will let you know what to do.

How should I care for my child after surgery?

Always follow the doctor's advice when caring for your child. Some guidelines are listed below.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Adenoidectomy, continued

Activity	<ul style="list-style-type: none"> Your child should rest for 2 to 3 days after surgery. They may return to school when eating and drinking like normal. Your child should NOT take part in physical education (PE), swimming, sports or other activities for 1 week (or as advised by the doctor).
Drinking	<ul style="list-style-type: none"> Drinking is more important than eating after surgery. <ul style="list-style-type: none"> Encourage your child to drink fluids. Use the chart on page 4 to know the <u>least amount</u> of fluid your child should drink in 24 hours. If your child has trouble drinking and eating, offer these items that are easy on the stomach: <ul style="list-style-type: none"> Any cold, non-fizzy drinks, such as water or sports drinks like Gatorade or Powerade. You may also use oral replacement fluids, such as Pedialyte or Enfalyte, for babies and toddlers. Juices, such as white grape, apple or pear Cold foods, such as Popsicles and Jell-O Salty liquids, such as broths and soups Soft foods, such as pudding, eggs, mashed potatoes, rice, and macaroni and cheese Your child can get dehydrated if they do not drink enough. Call the doctor if your child: <ul style="list-style-type: none"> Does not urinate 3 or more times each day. Does not have 3 or more wet diapers each day (for babies). Has dry lips and mouth. Does not make tears when crying.
Eating	<ul style="list-style-type: none"> Your child may start eating normal foods as they can.
Medicines	<ul style="list-style-type: none"> Always give your child's medicines as advised by the doctor. Talk with the doctor or your pharmacist if you have questions. You may give your child acetaminophen (Tylenol or less costly store brand) or ibuprofen (Motrin, Advil or less costly store brand) for pain. <ul style="list-style-type: none"> Follow the doctor's advice, or follow the directions on the label for how much and how often to give it to your child. Do not give your child medicine that has aspirin in it. Your child's doctor may prescribe: <ul style="list-style-type: none"> A steroid medicine, such as dexamethasone, to help with swelling and pain. An antibiotic. Give it as ordered until all of the medicine is gone. Do not stop giving the antibiotic, even if your child feels better.

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Adenoidectomy, continued

When should I call the doctor?

Call the doctor if your child:

- Has any bright red bleeding from the mouth or throat. Bright red bleeding may need treatment **right away**. **Be sure to call your child's doctor**. If the doctor directs or if you cannot reach the doctor, take your child to the nearest emergency department (ED).
- Has a fever over 101.5°F (or as advised by the doctor).
- Stops drinking fluids.
- Does not urinate at least 3 times in 24 hours.
- Does not have at least 3 wet diapers in 24 hours (for babies).
- Vomits (spits up or throws up) more than 3 or 4 times after going home.
- Vomits the day after surgery (or any time beyond that).
- Has pain that does not improve with medicine.

Also call the doctor if you have any questions or concerns about how your child looks or feels.

When should I call 911?

Call 911 or take your child to the nearest emergency department (ED) if they have any signs of breathing problems, such as:

- Fast, shallow breathing.
- Working hard to breathe.
- Chest retractions (skin pulling in around ribs and chest when breathing).
- Grunts when taking a breath.
- A blue or dark purple color to the nails, lips or gums.
- Wheezing or uncontrollable coughing.

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Adenoidectomy, continued

Please use the chart below to know the least amount of fluid your child should drink in 24 hours. This is based on their weight.

Weight (kg = kilograms)	Weight (lbs = pounds)	Breakfast (by 10 a.m.) (oz = ounces)	Lunch (by 2 p.m.) (oz = ounces)	Dinner (by 6 p.m.) (oz = ounces)	LEAST number of ounces to drink in 24 hours
9 kg	20 lbs	5 oz	10 oz	15 oz	15 oz
10 kg	22 lbs	6 oz	11 oz	16 oz	16 oz
11 kg	24 lbs	6 oz	12 oz	17 oz	17 oz
12 kg	26 lbs	6 oz	12 oz	18 oz	18 oz
14 kg	31 lbs	7 oz	13 oz	19 oz	19 oz
15 kg	33 lbs	7 oz	14 oz	20 oz	20 oz
17 kg	37 lbs	8 oz	15 oz	22 oz	22 oz
20 kg	44 lbs	8 oz	16 oz	24 oz	24 oz
25 kg	55 lbs	9 oz	18 oz	26 oz	26 oz
30 kg	66 lbs	10 oz	19 oz	28 oz	28 oz
35 kg	77 lbs	10 oz	20 oz	30 oz	30 oz
40 kg	88 lbs	11 oz	22 oz	32 oz	32 oz

***Note:**

1 ounce (oz) = 30 milliliters (mL)

1 measuring cup = 8 oz or 240 mL

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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