



PEDIATRIC ADENOIDECTOMY

Medications

- You may take Tylenol 10-15mg/kg/dose every 6 hours and alternate with ibuprofen 10mg/kg/dose every 6 hours. For example: Tylenol at 9a.m., Motrin at 12p.m., Tylenol at 3p.m., Motrin at 6p.m., etc.
- Most kids don't need pain medication for more than 48-72 hours following surgery.
- Resume all other medications unless otherwise noted.

Activity

- Most kids recover within 48 to 72 hours.
- Plan for 2 to 3 days out of school/daycare.

Diet

- There are no diet restrictions following the removal of adenoids.
- Encourage plenty of fluids.

Other Helpful Information

- Since moisture helps soothe a healing throat, you may want to use a room humidifier.
- Many patients have bad breath after surgery, and this is normal.
- Do not be alarmed by the presence of blood-tinged mucus or saliva, which is normal. However, IF THERE IS PERSISTENT BLEEDING FROM THE THROAT OR NOSE, CONTACT OUR OFFICE IMMEDIATELY.
- There may be some increase in mucus production in the nose. This is part of the normal recovery process. If there is a significant amount of mucus or crusting, you may use nasal saline spray (any brand) 2 to 3 sprays gently into each nostril 3 times per day.
- It is not unusual for the nose to remain congested or for snoring to persist immediately after surgery. This is part of the normal recovery process. As swelling resolves and healing occurs, the nasal passageways will become more open.

Please contact our office at 478-743-8953 if you have any questions or concerns.