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## **Information on Adenoidectomy**

This procedure is the removal of the adenoid tissue from the back of the nose. Adenoid tissue helps fight infection that may enter the body through the nose. Sometimes in children the adenoid tissue becomes a source of infection or interferes with breathing. Enlarged adenoids can aggravate and/or mimic the symptoms of sinusitis. Enlarged adenoids can also contribute to problems with ear infections because of close proximity to the Eustachian tube openings. The growth of your child's facial structures can also be affected by enlarged adenoids because of chronic mouth breathing. This in turn can lead to dental problems.

### **On the day of surgery.....**

Your child should not eat or drink anything usually for at least 8 hours prior to surgery. Please clarify this information with the surgery scheduler.

Your child will receive general anesthesia for this procedure. First, they will breathe the anesthetic by way of a mask. After your child is asleep, a breathing tube will be inserted by the anesthesiologist allowing the surgeon to work through your child's mouth. An IV will also be started after your child is sleeping.

Once the procedure is completed, your child will be taken to the recovery room where he/she will wake up and be monitored by a nurse. Most children are groggy and some become nauseated after general anesthesia. This is perfectly normal and will subside.

## **Caring for your child after surgery.....**

Pain is normal following surgery. Usually children complain of a sore throat and earache after an adenoidectomy. Some children will complain about a sore tongue. Pain is usually well controlled with Tylenol or a narcotic, depending on your child's age.

Because swallowing may be painful after surgery, your child's **intake of food and liquids may start out poorly**. Encourage your child to drink fluids the first few days following surgery. You may feed your child as tolerated as soon as possible. Start with softer foods first and progress to more regular foods when your child feels up to it.

A **low-grade** fever is normal following surgery. This fever may last several days. It can be treated by simply giving Tylenol.

You may notice a **change in your child's voice** following surgery. This change will usually return to normal within several weeks following surgery. In some cases, hypernasal speech will persist and may require speech therapy to correct.

**Congestion, postnasal drip, foul smelling breath and cough** are all normal for the first 7 to 10 days after an adenoidectomy. Coughing can be controlled with an OTC cough suppressant. If cough persists please consult your child's primary care physician to rule out the possibility of a post anesthesia lung infection.

**Bleeding** can occur within the first 2 weeks following an adenoidectomy. This is very rare. Please contact your surgeon immediately if you notice bright red blood coming out of your child's nose.

**Infection** can occur after an adenoidectomy. This is rare because your child will be placed on antibiotics postoperatively to help prevent infection.

Please call our office if you have any questions or concerns. **(210) 614-0171**

**\*\*Thank you for allowing us to be your child's ear, nose and throat provider. \*\***