

# Adenoidectomy

## Ear, Nose & Throat Clinic

4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2113 1-888-300-3088  
www.bcchildrens.ca

## What to expect after surgery

### Pain

- Your child may have mild pain after surgery. This usually only lasts a couple of days.
- Your child might complain of pain around their ears, jaw, or neck.
- To help with pain, you can give your child Tylenol (Acetaminophen), Advil (Ibuprofen), or both every 4-6 hours for the first few days and then as needed. Follow the directions on the bottle.

### Stuffed nose

- Your child may have a stuffed nose for up to 2 weeks after surgery. This is normal and helps the area heal. Mucous can be gently wiped. The mucous may have a pinkish colour. This is normal. Your child must not blow their nose for at least 2 weeks.

### Bad breath

- During this surgery, the doctor burned the tissue. There may be a bad smell, which usually lasts for about a week. The smell will get better if your child drinks lots of fluids.

### Voice change

- Your child's voice may sound different than it was before the surgery. There is now space in the back of their nose that was not there before. This change

is not forever. Your child's voice will go back to normal after a few weeks.

### Diet

- Encourage your child to drink lots of fluids, like water, juice, or milk. This will help with healing. Some children feel sick to their stomach after the anesthetic from the procedure. If your child vomits, start slowly with sips of water or a popsicle. Go back to your child's regular diet as soon as your child feels well enough.

### Activity

- The day after the surgery, your child can return to school if they feel well enough.
- In 2-3 days after the surgery, your child can do light activity like walking or quiet play if they feel well.
- For 2 weeks after the surgery, your child should avoid swimming, vigorous activities, or sports for 2 weeks. Check with your ENT doctor before your child resumes these activities.



**Go to your closest emergency room if**

- There is blood coming out of your child's nose or mouth

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### Call the ENT Clinic Nurse or Seek Medical Attention if:

- Your child has a fever of 38.5°C or higher that lasts for more than 24 hours, starting 2 or more days after surgery
- Your child's pain does not get better with pain medicine.
- Your child's bad breath gets worse
- Your child vomits more than 24 hours after their surgery.
- Your child is not peeing more than 2 times a day.
- You have other worries about your child.



### Contact information

- ENT office:  
604-875-2113
- ENT clinic nurse:  
604-875-2345 ext. 7053  
Monday to Fridays, except holidays  
8:30am-4:30pm



### Follow up

- Your child should return to the clinic for a follow-up visit 6-12 weeks after their surgery.
- After your child's surgery, call your ENT doctor's office to schedule this visit.