

HOME CARE AFTER ADENOIDECTOMY

ACTIVITIES: Avoid strenuous activity for the first 5-7 days. The child can then return to school or daycare.

DIET: Diet suggestions throughout the 2 week recovery period include water, tea, apple juice, Gatorade, milk, milkshakes, popsicles, Jell-O, ice cream, mashed potatoes, pancakes, scrambled eggs, applesauce, grits, noodles, pasta, macaroni and cheese, dumplings, soft chicken, and meatloaf. No particular time schedule for progression through the food types is necessary. All intake should be liquid, semi-solid and soft, bland, cool foods. Sodas are permissible but not preferred. Straws are OK. Emphasis should be placed on hydration rather than nutrition. Fluids must be strongly encouraged to prevent dehydration. Weight loss is expected.

Avoid foods that are sharp, scratchy, salty, chewy, fried, hot, spicy, or acidic, including no orange juice, grapefruit juice, tomato juice, lemonade, tomato based products, fried chicken, French fries, pizza or chili throughout the entire 2 week recovery period.

MEDICATION:

1. Sore throat is relieved by Tylenol, Motrin or prescribed pain medication as prescribed.
2. Do not take aspirin.
3. Take the antibiotics, as prescribed by your doctor, until they are gone.

FEVER: Low -grade fever often occurs during recovery, relieved by Tylenol and drinking fluids. Call your doctor for a temperature greater than 102 degrees that does not respond to Tylenol or other fever medications.

SPEECH: Muffled speech and nasal speech can occur postoperatively. Infrequently regurgitation from the nose occurs when drinking fluids that resolves after healing is complete.

SWELLING: Swelling of the tongue, uvula, and/or throat usually occurs, slowly resolving the recovery period. A foul odor is often present during the healing process. A gray or white membrane will be present in the throat and mouth during the healing process, but is usually not thrush. Most patients will complain of headache, sore throat, difficulty swallowing, ear pain and stiff neck.

BLEEDING: If bleeding occurs from the nose or throat, remain calm; lie flat on the abdomen, turning the face to the side, apply ice to the nose or neck, and call Dr. Oliver immediately at 912-355-2335 or 912-356-5330.

RECOVERY: A routine postoperative appointment should be made for 14 days after surgery, with examination sooner if any postoperative problems occur.