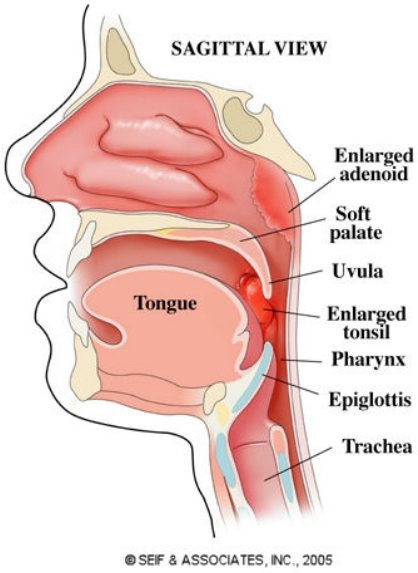
Adenoidectomy Information
Before and After Surgery

An adenoidectomy is the surgical removal of the adenoids. An adenoidectomy is the best treatment when non-surgical treatment has failed to help the problems. Enlarged adenoids often cause ear problems, because the tubes that drain the middle ear enter into the upper and back area of the throat. When these tubes are blocked by adenoid tissue, the ears cannot drain properly and this can result in infection.



BEFORE SURGERY

The patient should be present 1 hour prior to his/her procedure. Check-in at the admissions desk to fill out necessary forms if you are not preregistered. There will be consent forms to sign prior to the procedure. There is a waiting area for your family during the surgery.

LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING:

- Allergies.
- Medications taken, including herbs, eye drops, over-the-counter medications, and creams.
- Use of steroids (by mouth or creams).
- Previous problems with anesthetics.
- Possibility of pregnancy, if this applies.
- History of blood clots (*thrombophlebitis*).
- History of bleeding or blood problems.
- Previous surgery.
- Other health problems.

AFTER SURGERY

After surgery, the patient will be taken to the recovery area where a nurse will watch and check his/her progress. Once he/she is awake, stable, and taking fluids well, without other problems, the patient will be allowed to go home. Throat discomfort may last for 2 to 3 weeks. There may also be pain in the ears, causing an earache. A slight fever and stuffy nose are common. Bad breath is often present. Snoring may continue for 2 to 3 weeks after surgery.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. **Do not give aspirin to children.**
- Get proper rest. You or your child may feel worn out and tired for a while.
- Because of sore throat and swelling, the patient's appetite may be poor. Soft and cold foods such as ice cream, popsicles, and cold drinks are usually tolerated the best.
- Avoid mouthwashes and gargles.
- Avoid being near people with upper respiratory infections, such as colds and sore throats.
- An ice pack applied to the neck may help with discomfort.

SEEK IMMEDIATE MEDICAL CARE IF:

- There is increased bleeding, or the patient coughs or spits up bright red blood.
- There is increasing pain that is not controlled with medications.
- You or your child has an oral temperature above 102° F (38.9° C), not controlled by medicine.
- A rash develops.
- The patient has difficulty breathing.
- Allergy problems develop.
- The patient becomes lightheaded or feels faint.

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