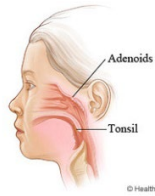


Adenoidectomy: Before Your Child's Surgery



What is an adenoidectomy?

Adenoidectomy is surgery to remove the adenoids. These are small areas of tissue at the back of the nose and throat. They are made of the same tissue that forms the tonsils.

The doctor will do the surgery through your child's mouth.

Adenoids, along with the tonsils, may help fight infection. But it isn't harmful to have them removed. The body has many ways of fighting sickness. Children may have this surgery because they often have ear infections that don't get better with antibiotics. Or they may have problems breathing or sleeping. This surgery may help.

How do you prepare for surgery?

Surgery can be stressful for both your child and you. This information will help you understand what you can expect. And it will help you safely prepare for your child's surgery.



Preparing for surgery

- Talk to your child about the surgery. Tell your child that it will help your child have fewer ear infections or to sleep better. Hospitals know how to take care of children. The staff will do all they can to make it easier for your child.
- Understand exactly what surgery is planned, along with the risks, benefits, and other options.
- Tell the doctor ALL the medicines and natural health products your child takes. Some may increase the risk of problems during the surgery. Your doctor will tell you if your child should stop taking any of them before the surgery and how soon to do it.

The day before surgery

- Remember to follow your doctor's instructions about your child taking or stopping medicines before surgery. This includes over-the-counter medicines.



What happens on the day of surgery?

- Have your child take a bath or shower before you come in. Do not apply lotion or deodorant.
- Your child may brush their teeth. But tell your child not to swallow any toothpaste or water.
- Do not let your child wear contact lenses. Bring your child's glasses or contact lens case.
- Be sure your child has something that's a reminder of home. A special stuffed animal, toy, or blanket may be comforting. For an older child, it might be a book or music.

At the hospital

- A parent or legal guardian must accompany your child.
- Your child will be kept comfortable and safe by the anesthesia provider. Your child will be asleep during the surgery.
- After surgery, your child will be taken to the recovery room. As your child wakes up, the recovery room staff will monitor your child's condition. The doctor will talk to you about the surgery.

When should you call your doctor?

- You have questions or concerns.
- You don't understand how to prepare your child for the surgery.
- Your child becomes ill before the surgery (such as fever, influenza (flu), or a cold).
- You need to reschedule or have changed your mind about your child having the surgery

Adenoidectomy for Children: What to Expect at Home

Your Child's Recovery

Adenoidectomy is surgery to remove the adenoids. These are small areas of tissue at the back of the nose and throat. Your doctor did the surgery through your child's mouth.

Most children have throat pain for a few days after an adenoidectomy. After the surgery, your child may have bad breath, a stuffy nose, and voice changes for a few days. Your child may feel tired. Your child should be able to go back to school or daycare in 2 or 3 days.

This care sheet gives you a general idea about how long it will take for your child to recover. But each child recovers at a different pace. Follow the steps below to help your child get better as quickly as possible.

How can you care for your child at home?



Activity

- Have your child rest when your child feels tired.
- Your child can do normal activities when it feels okay to do so.
- Your child may bathe as usual.



Diet

- After surgery start with light foods such as soup, ice pops and jello. Avoid dairy and fatty food this day because it may cause stomach upset
- Next, try soft foods. Avoid hard or scratchy foods and other acidic foods that can sting the throat.
- Encourage your child to drink fluids to prevent dehydration and to make the throat more comfortable.



Medicines

- Be safe with medicines. Read and follow all instructions on the label.
- If your doctor prescribed antibiotics, be sure your child takes them as directed. Your child should not stop taking them just because your child feels better. Your child needs to take the full course of antibiotics.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How you may feel after your operation

- You may feel nauseated, light headed dizzy or sleepy for up to 24 hours after your surgery
- You may have a slight temperature for 2 days
- You may feel tired for a few days after your surgery



When should you call for help?

Call 911 anytime you think your child may need emergency care. For example, call if:

- Your child passes out (loses consciousness).
- Your child has trouble breathing.
- Your child has severe bleeding.

Call your doctor or seek immediate medical care if:

- Your child has symptoms of infection, such as:
 - Increased pain, swelling, warmth, or redness.
 - Red streaks leading from the area.
 - Pus draining from the area.
 - A fever.
- Your child bleeds from the mouth or nose.