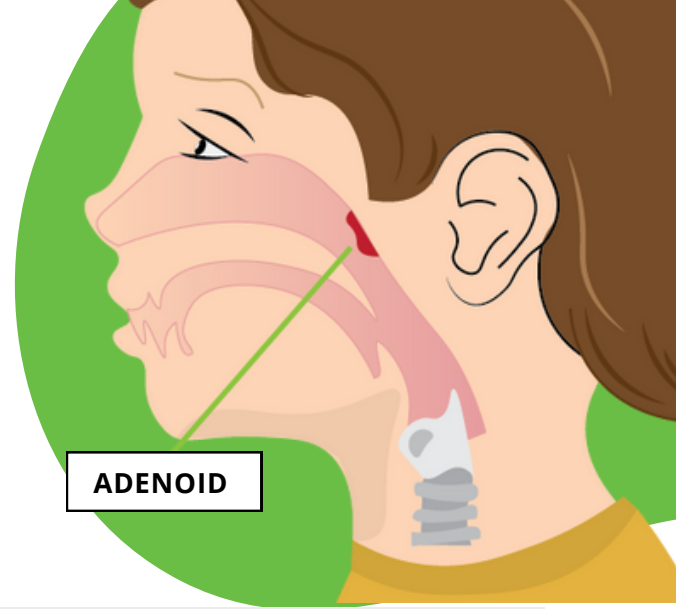




Dr. Sarah Morrison
Paediatric ENT Surgeon

ADENOIDECTOMY POST OPERATIVE INFORMATION



WHAT IS NORMAL TO EXPECT FOR A WEEK AFTER SURGERY :

- ✓ Nasal congestion
- ✓ Nasal discharge
- ✓ Offensive odor
- ✓ Sleep disruption/snoring secondary to nasal congestion

WHAT IS NOT NORMAL POST OPERATIVELY :

- ✗ Fever over 38 degrees
- ✗ Severe irritability
- ✗ Headaches
- ✗ Lethargy

If any of the above occur, please contact your surgeon or present to ED.

ACTIVITIES AFTER ADENOIDECTOMY :

- ✗ Avoid swimming for 2 weeks.
- ✗ Avoid strenuous exercise for 1 week.
- ✓ Return to daycare/school 3 days after surgery OR when you feel your child is ready.
- ✓ Children less than 2yo generally take a full week to recover. Older children often return to normal activities within 3 days.

If your child has had Inferior Turbinate Coblation in addition to Adenoidectomy, the following are normal to expect :

- ✓ Nasal congestion and discharge lasting 2 weeks.
- ✓ Blood stained nasal discharge and nose bleeds.
- ✓ Nasal saline sprays to be used for 2 weeks. (2 sprays each nostril 2-4 times per day)
- ✓ Nasal ointment may be prescribed
- ✓ Do not use nasal steroid spray for 4 weeks post operatively.

