

Adenoidectomy



POSTOPERATIVE CARE FOR ADENOIDECTOMY

Adenoidectomy is a surgical procedure performed to remove the adenoids. Adenoids is a mass of lymphoid tissue located behind the nasal passages.

POSTOPERATIVE CARE

The recovery following adenoidectomy is remarkably easy compared with the recovery following tonsillectomy alone or tonsillectomy with adenoidectomy. Patients who undergo adenoidectomy alone are typically discharged home the same day of surgery.

The child may encounter the following:

1. Pharyngeal pain from the surgical site that only requires analgesics such as panadol.
2. A minority of patients may also have neck pain that may last for several days to a few weeks.
3. Occasionally a child may complain of ear pain after surgery.
4. Many children will have significant halitosis that can last up to two weeks after surgery because of cautery.
5. Snoring will be persist or even increase for 2 to 3 weeks, then improve.
6. Some changes in the voice may happen.
7. Medications should be taken as prescribed by the doctor.
8. If bleeding occurs, patient must immediately come to the emergency department in the hospital.

DIET

Child should eat a light, soft diet as tolerated once they have recovered fully from the anesthesia, and then continue with normal diet.

DAILY ACTIVITY

Child can resume normal daily activities after the discharge from the hospital.