

Experience Quality Care

POST-OPERATIVE INSTRUCTIONS

Adenoidectomy

Adenoidectomy is a surgical procedure to remove the adenoid gland at the back of the nose, behind the palate. Most children recover quickly from this operation. The operation is done via the mouth and hence the site of the operation cannot be seen by looking into the mouth.

What to expect post op

- Bad breath
- Stuffy nose
- Voice change
- Your child may feel tired.
- Mild throat pain
- Some blood-stained saliva
- Regurgitation of liquid and or food through the nose is rare. This should improve within 2 weeks.

Pain relief

Regular Paracetamol is usually sufficient – this is not a painful procedure. Ibuprofen – only if prescribed or advised by your surgeon/anaesthetist.

What can you do to aid your child's recovery?

Activity

Have your child rest when your child feels tired. Your child can do normal activities when he or she feels okay to do so.

Keep your child away from crowds or people with upper respiratory tract infection/cold or influenza (flu). This is to prevent your child from getting an infection.

Diet

Your child can eat normal diet.

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