
Adenoidectomy Post-op Instructions

ENT of Athens

- Drink plenty of cool liquids. The more hydrated your child is the better and more quickly they will heal.
- You may begin a regular diet the day of surgery without restrictions.
- There may be a small amount of drainage from the nose. You may wipe this away or bulb suction as usual.
- You should use nasal saline spray at least 4 times daily to keep the nasal secretions thin.
- You may use a small amount of Afrin nasal spray, even for a small child, up to 2 times day for up to 3 days in a row for severe congestion.
- Snoring may be initially worse following surgery due to swelling and increased mucus production as the area heals.
- Halitosis, or bad breath, is common following adenoidectomy. Normal oral care with tooth brushing and warm salt water gargles, if your child is old enough to cooperate, may help.
- Please notify your physician for fever > 101, thick green nasal drainage lasting longer than 3 days, concern for dehydration, uncontrolled pain, or neck stiffness. You may need to be examined by your physician. Signs of dehydration include dry mouth, no tear production, lethargic child, low grade fever, or urinating less than every 8 hours.
- Call ENT of Athens office at 706-546-7908 for any questions or concerns.

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