



ADENOIDECTOMY (CHILD) INSTRUCTIONS

Pre-Operative:

1. Do not use Aspirin, Motrin, or any other anti-inflammatory medication, Gingko Biloba or Vitamin E for two weeks prior to surgery and two weeks following the procedure. (Tylenol is fine)
2. Clear fluids only are permitted up to 4 hours prior to surgery (i.e. apple juice, water, white grape juice) **NO MILK OR SOLID FOODS AFTER MIDNIGHT THE NIGHT PRIOR TO THE PROCEDURE.** When you receive your arrival time from the office, the time your child must stop drinking fluids will be confirmed.
3. If your child is on Coumadin or other blood thinners, please contact your surgeon 2-3 weeks prior to the OR date for instructions
4. If your child has mitral regurgitation and requires antibiotics prior to dental procedures, please contact your surgeon 2-3 weeks prior to the OR date for instructions.
5. You have been given a prescription for pre operative antibiotics. Please start this medication on Monday the week prior to your surgical date. If you are called in for a cancellation and do not have the opportunity to complete the medication, simply continue the prescription after surgery.

Post-operative:

1. Your child will be discharged home on the same day as the procedure unless otherwise advised by your surgeon.
2. Must not attend school or daycare for approximately one week.
3. Avoid sports for approximately 2 weeks.
4. Avoid exposure to smoke for at least 2 weeks.
5. Drink plenty of fluids. **STRAWS SHOULD NOT BE USED.**
6. Make sure your child stays hydrated after surgery.
7. Hydration is OK if your child is urinating at normal volume and is clear.
8. A small amount of blood from the nose after surgery is normal.
9. Voice may be hypo or hyper nasal after surgery. This usually resolves but may take a few months.
10. Foul breath or foul odour from the nose is normal and shouldn't last more than 2 weeks.

GO DIRECTLY TO THE NEAREST EMERGENCY ROOM IF:

1. Your child has greater than two teaspoons of fresh blood from the mouth or nose.

Contact your doctor or go to your local Emergency Room (within first two weeks of surgery) if:

2. Your child is unable to drink and has stopped urinating, or if urine is a very low concentrated volume.
3. Your child develops a rash