

Eastern Carolina ENT Associates, PA
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ADENOIDECTOMY HOME CARE INSTRUCTIONS

WHAT ARE ADENOIDS?

Behind the nose there is a spongy mass of lymph glands that are called adenoids. The adenoids are usually larger in children and shrink as the child grows. Sometimes the adenoids are enlarged or bigger than normal. This may make it difficult to breath through the nose. There may also be a change in the child's voice-it will sound like he/she has a stuffy nose. If the adenoids are enlarged your doctor may recommend an adenoidectomy.

WHAT IS AN ADENOIDECTOMY?

Adenoidectomy means removal of the adenoids. This is done in the operating room while the child is asleep. The doctor opens the child's mouth, places an instrument behind the nose and scrapes away the adenoid tissue.

WILL MY CHILD HAVE TO STAY IN THE HOSPITAL?

Your child will not have to stay in the hospital overnight if only an adenoidectomy is done. You can expect to be in the hospital 6 to 8 hours on day of surgery. Parents are encouraged to spend the day with the child. However, there are no facilities for sibling or other children and they should not be brought to the hospital.

DO I HAVE TO DO ANYTHING FOR MY CHILD BEFORE SURGERY?

Yes. Your child **should not take aspirin** for the **two weeks** before surgery because aspirin can cause increased bleeding during surgery. It is very important that your child has nothing to eat or drink for many hours before surgery. The exact time to stop eating or drinking depends on the time of surgery and the age of your child. We also recommend that you discuss with your child the plans for an operation and a brief stay in the hospital. If your child is 2 years of age or older, he/she will understand something. This is explained to the patient and the parents at the admission testing at the hospital.

WHAT WILL HAPPEN WHEN I COME TO THE HOSPITAL THE DAY OF SURGERY?

You will be told to be in the hospital about two hours before your child is expected to go into the Operating Room. After your child has surgery, he/she will go to the Recovery Room for about an hour, where special nurses will care for him/her until he begins to wake up from surgery and his vital signs, temperature, heart rate, blood pressure, breathing rate are in the range of normal. This is usually about two to three hours later. So you can expect to be in the hospital for about 6 to 8 hours from the time you go to the hospital until you go home.

WHAT WILL I HAVE TO DO AFTER MY CHILD IS HOME?

You will receive **HOME CARE INSTRUCTIONS** which should answer your questions. If you have additional questions, your child's doctor or nurse will answer them.

- Have rest, no exertional activity for 1 week.
- May return to school in 1 week, but no P.E. for an additional week.
- Diet regular, as tolerated.
- If bleeding occurs, use: Afrin Spray; if bleeding doesn't stop call Dr. Catz at 934-8171 and have him paged. Leave name, date of surgery and problem; then go to the Emergency Room.