

## Removal of Adenoids Patient Information

Your child is soon to undergo one of the most common pediatric surgical procedures, removal of the adenoids. Your doctor has performed thousands of these procedures with consistently good outcome and with significant benefit to the patient. It is our hope that this information will assist you in planning your child's surgery and will answer the most commonly asked questions. Please read this information carefully and feel free to contact our office with any questions or concerns: **713/796-2001**.

- ❖ **Your child's surgery will take place at:** \_\_\_\_\_  
**on:** \_\_\_\_\_.
- You will be asked to arrive at the hospital 1 ½ to 2 hours before your scheduled surgery time.
- Please call \_\_\_\_\_ on \_\_\_\_\_ to obtain surgery time and additional instructions.
  
- ❖ **During the two-week period preceding and for two weeks following your child's surgery: *DO NOT ADMINISTER ANY ASPIRIN OR PRODUCTS CONTAINING NON-STEROIDAL ANTI-INFLAMMATORY INGREDIENTS*, e.g., Advil™, Motrin™, etc. Please notify our office if your child becomes ill prior to surgery. Conditions such as a fever of 101.5° or above that persists for several days, the onset of chicken pox\*, or a severe respiratory problem may be reasons to postpone or reschedule your child's surgery. \* (When a child's surgery is cancelled due to chicken pox, the general rule is that he/she may not have surgery for 2-3 weeks following the initial outbreak).**
  
- ❖ If it would help you or your child, you can schedule a tour of Texas Children's Hospital by calling 832/826-1650.
  
- ❖ **The morning of surgery:**
  - **Your child may have clear liquids until FOUR hours before surgery. Infants may be given breast milk until FOUR hours before surgery - NO formula, milk or solids should be given after midnight.** Children scheduled for elective surgery in the midday or early afternoon SHOULD NOT have breakfast on the morning of surgery.
  - When you arrive, there will be some paperwork to complete, a physical assessment of your child will be done, and you will speak with your doctor and the anesthesiologist.
  - At the time of surgery, general (inhaled) anesthesia is administered and, once the child is asleep, an intravenous line and a breathing tube will be placed.
  - Surgery lasts about 45 minutes.

Children's ENT of Houston

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❖ **Immediately following surgery:**

- After surgery, your child will go to a recovery unit for approximately 1 1/2 - 2 hours. You will be allowed to join your child and remain at the bedside until he/she is discharged from the hospital. Once it is determined that your child can safely go home, you will be discharged.

While some children appear to be unaffected following administration of general anesthesia, it is not uncommon for patients to be sleepy, irritable, and nauseated or for the child's face to appear flushed. These side effects are temporary and your child should be feeling normal within a few hours.

- Most children will take small sips of liquids until fully awake and any nausea has passed - at this point they can resume a normal diet.

❖ **Home Care:**

- You may allow your child to return to normal activity two to three days after surgery, depending upon how he/she feels.
- When the adenoids are removed, some children experience a sore throat, bad breath, and a congested nose. If your child is uncomfortable, you may administer Tylenol.™
- Use only Tylenol for discomfort and fever. Do not use medications containing aspirin or aspirin-like ingredients such as Motrin® or Advil®.
- Children may experience a fever of up to 100 degrees. A slight fever is a normal response and you may give your child Tylenol.™ A persistent fever of 101.5° or higher that does not respond to Tylenol.™ should be reported to our office.
- Depending upon the doctor's observations at the time of surgery, your child may also be placed on an oral antibiotic. It is important to follow the label instructions and to complete the entire course of the antibiotic.

❖ **Postoperative Information:**

- Depending upon the procedures performed, your child may need to return to the doctor for a follow-up visit 3-4 weeks after surgery. If you have been told that a follow-up visit is required, please be sure to call the office for an appointment immediately after surgery.
- Most children can return to school/daycare 2 days following surgery.

**Please do not hesitate to call our office with any questions or concerns: 713/796-2001**

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