

Adenoïdectomy

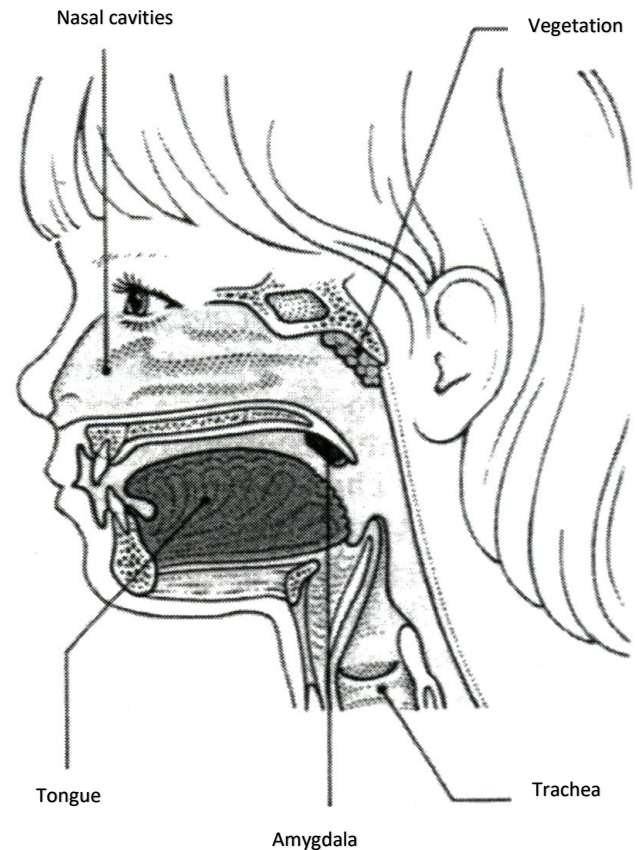
Anatomy

The nasal part of the pharynx (throat), called the rhinopharynx, is located behind the nose, above the soft palate, and contains the adenoids. These can obstruct the nasal airway, making nasal breathing difficult (snoring or apnea) or causing ear infections (otitis).

Adenoïdectomy is the excision (removal) of adenoid tissue (vegetation).

Post-operative instructions

Brownish vomiting is normal after an adenoïdectomy. This is due to blood swallowed during surgery, and should not persist for more than 6 hours after surgery.



Pain

- Medication may be administered as a syrup or suppository as needed (e.g. acetaminophen), as recommended by your surgeon.

Physical efforts

- The child should avoid strenuous physical exercise for about 2 weeks after surgery, unless otherwise advised by the surgeon. This means avoiding sports, physical education or any other strenuous activity.
- Absence from school or daycare is usually recommended for 1 to 2 weeks.

Nutrition and hydration

- Your child can resume only when you return home.
- It is important to stay well hydrated, even when nauseous. Drink water in smaller quantities, but more often.
- Avoid dairy products for the first 24 hours after surgery (this may increase the risk of nausea and vomiting)
- It takes about 2-3 days after adenoidectomy to return to a normal diet.
- Here are a few tips to help you :
 - o Offer frequent sips of Pedialyte® or Pedialyte® frozen treats, available in pharmacies.
 - o Offer frequent sips of water or fresh acid-free juice (e.g. apple, peach).
 - o Offer frequent frozen treats such as Popsicle® or Mr Freeze®.
 - o Allow your child to eat, gradually and according to his tolerance.
 - o Prepare soft, cold, easy-to-swallow foods such as Jell-O, sorbet, yogurt, fruit puree, ice cream, milkshakes, or smoothies. Use a blender if necessary
 - o Gradually add textures to the diet.
 - o Avoid foods that are too hot or irritating (too spicy).

Complication

- If your child has a fever (38.5°C or 101°F) for more than 48 hours after surgery.
- Pain that increases rather than decreases or persists for more than 10 days.
- Significant bleeding from the nose, ears or mouth, or vomiting of bright red blood. In young children, watch for swallowing for no apparent reason (which could be a sign of bleeding). We recommend tilting the child's head forward or laying him on his stomach to check for blood flowing out of the mouth or nose.
- If vomiting of brownish secretions persists for more than 6 hours immediately after surgery.

YOU MUST CONSULT AT THE EMERGENCY ROOM.

For all other questions, please contact one of the following resources:

Info Santé (at any time): 811

ENT outpatient clinic at the Cité de la Santé: 450-975-5570

Clinique ORL Le Carrefour (private office): 450-687-1750