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## ADENOIDECTOMY

### Post-Op Instructions

- Referred ear pain (pain from the throat that extends out to the ears) is not uncommon after surgery. The pain may last up to 10-14 days after surgery depending on the patient.
- Stiffness of the back of the neck is common after surgery and some parents have stated their child will also complain of headaches up to 3-4 weeks after surgery.
- Your child will have very foul breath during the recovery time, which is 10-14 days. No amount of gargling, mouth washing, lozenges, etc., will help this. Only time will help.
- The child's voice may sound nasally for awhile after surgery. This will also settle down over a period of time.
- It is normal for patients to run a fever. If there is any bleeding from the surgery area, including increased nose bleeds, please call the office to let them know.
- Recovery time varies with each child, although, the average is 10-14 days, for most of the symptoms to clear. Most children recover enough that they are able to return to their normal activity within a day or two.
- Should you have further questions or problems, PLEASE call the office at (712) 234-8787 and a nurse will be available to return your call.