



Adenoidectomy

The adenoids are a mass of lymphoid tissue located at the back of the nasal cavity, where the nose and throat meet. They are part of the immune system and help trap and fight pathogens that enter the body through the nose. However, in some cases, the adenoids can become enlarged or chronically infected, leading to breathing difficulties, recurrent infections, or other problems.

Adenoidectomy is a surgical procedure to remove the adenoids. It is commonly performed in children, although adults may also need it in certain cases.

The procedure is performed under general anesthesia, meaning the patient will be asleep and feel no pain. The surgeon accesses the adenoids through the mouth, so there are no external incisions. Using special instruments, the surgeon removes the adenoids. The procedure is relatively quick, often lasting less than 30 minutes. Most patients can go home the same day. Recovery is usually straightforward, with mild discomfort, a sore throat, and sometimes a stuffy nose for a few days.

Pre-Operative Instructions:

- **Medical Evaluation:**
 - Inform the office of any medical conditions, allergies, or current medications your child is taking. If there is a family history of complications with anesthesia, please let us know.
- **Medications:**
 - Avoid giving aspirin, ibuprofen, or any blood-thinning medication at least 10 days before surgery unless otherwise directed by your doctor.
 - If your child is taking prescription medications, ask if they should be taken on the day of surgery.
- **Fasting Guidelines:**
 - Night Before Surgery: No solid food after midnight. Clear liquids (water, apple juice, broth) can be given up to 8 hours before surgery.
 - Morning of Surgery: Do not eat or drink anything at least 8 hours before the procedure.
- **Day of Surgery:**
 - Dress your child in loose, comfortable clothing.
 - Bring a favorite toy or blanket to comfort your child.
 - Arrive at the hospital or surgical center at the time provided by the surgical facility.
- **Illness:**
 - If your child develops a fever, cold, or any signs of illness in the days leading up to surgery, notify the surgical team immediately. Surgery may need to be rescheduled.
- **Transportation**

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)
www.viewmontsurgerycenter.com

Catawba Valley Medical Center -- 810 Fairgrove Church Rd, Hickory, NC [\(828\) 326-3000](tel:8283263000)
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Frye Regional Medical Center-- 420 N Center St, Hickory, NC 28601 [\(828\) 315-5000](tel:8283155000)
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- Ensure you have transportation arranged for after the surgery, as your child will not be able to drive (if of driving age) or take public transportation after the procedure.

Post-Operative Instructions:

- **Activity:**
 - Rest for the first 24 hours after surgery.
 - Gradually return to normal activities over the next few days, but avoid strenuous activity for at least a week.
 - Do not swim, engage in vigorous exercise, or rough play for 1 week.
- **Diet:**
 - Start with clear liquids (water, apple juice, broth) immediately after surgery.
 - Gradually progress to soft, cold foods like yogurt, ice cream, applesauce, and mashed potatoes as tolerated.
 - Avoid hot, spicy, or acidic foods for the first few days, as they may irritate the throat.
- **Pain Management:**
 - Administer prescribed medications as directed. If over-the-counter pain relief is recommended, you can give acetaminophen (Tylenol) and/or ibuprofen (Motrin).
 - A sore throat, ear pain, nasal discharge and congestion, and bad breath are common after adenoidectomy and may last for several days.
- **Fever:**
 - A low-grade fever is common after surgery. If your child's fever exceeds 101°F (38.3°C) and does not respond to medication, contact the office.
- **Bleeding:**
 - A small amount of blood-tinged saliva or nasal discharge is normal.
 - If there is any bright red bleeding from the nose or mouth, contact our office and seek medical attention immediately.
- **Nasal Congestion:**
 - Your child may experience nasal congestion or stuffiness. This usually resolves within a few days.
 - You can use a cool-mist humidifier in your child's room to help with breathing.
- **Follow-Up:**
 - A follow-up appointment in the office may be scheduled, or you may receive a simple post-operative phone call.
 - Call the surgeon's office if your child has difficulty breathing, severe pain, difficulty moving the neck, or persistent vomiting.

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