



6303 SW 40th Street • Miami, FL 33155  
Phone: 305-707-9448 • Fax: 305-707-1632  
**R. Antonio Portela, M.D.**

## **ADENOIDECTOMY**

### **About the Surgery**

- Adenoidectomy is performed under general anesthesia and typically lasts around 30 minutes.
- Patients can go home the same day following surgery.

### **What to Expect During Recovery**

- Adenoidectomy recovery typically takes around 1 week.
- Common and expected symptoms include:
  - Nasal congestion
  - Snoring
  - Mucus drainage
  - Fever
  - Ear pain
  - Bad smell from the nose and mouth
  - Headache
  - Neck pain
    - These findings are all normal parts of healing.
- Adenoidectomy alone generally involves a much milder and shorter recovery.

### **Pain Management and Medications**

- Pain is usually well controlled with over-the-counter Tylenol (acetaminophen) which may be given every 4 hours as needed.
- Most patients will be prescribed a steroid medication (prednisolone or prednisone) which they begin taking the day after surgery.
  - It is taken twice daily for 5 days.

- The steroid is taken in addition to Tylenol and helps reduce inflammation and support healing.
- It is common for pain to temporarily increase after the steroid course is completed.
- Ibuprofen may be alternated with Tylenol after the steroid course is completed.

### **Hydration and Diet**

- Staying well hydrated is the most important part of recovery.
- Acceptable fluids include:
  - Water
  - Juice
  - Gatorade
  - Milk
  - Jell-O
- There are no dietary restrictions following adenoidectomy.

### **Activity and Return to School**

- Your child may return to school or daycare when you feel they are well enough, typically a few days after surgery.
- Whether at home or school, physical activity must be limited for 14 days, including:
  - Gym class
  - Recess
  - Running or rough play

### **Precautions**

- A small amount of blood-tinged saliva or slight oozing can be normal.
- If there is a large amount of blood, or bleeding does not stop within 1–2 minutes, go **immediately** to the nearest emergency room and have emergency personnel call our office.

### **When to Call the Office**

Please contact us immediately if your child has:

- Persistent high fever that is not responsive to Tylenol
  - A stiff neck
  - Signs of dehydration (refusing to drink, very little urine, lethargy)
  - Any bleeding concerns
  - Any other symptoms that worry you
- 
- Please do not hesitate to call with any questions or concerns. There is always someone available, even after normal business hours.