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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 **three days 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.
- The steroid can be taken morning and afternoon in combination with the Tylenol.
- 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.