

**Surgical Procedure: ADENOIDECTOMY**

You and Dr. Ulrich are considering an operation to remove your adenoids. Adenoids are lymph glands similar to tonsils and are located on the back wall of the throat. Adenoidectomy is the operation by which these glands are removed, and it is performed by surgically cutting away the adenoids on the back of the throat. This operation is not an emergency. Delay of the operation may result in further nose, throat and ear infections; however, the chance of a serious complication from delaying the operation is quite small. The operation itself is of relatively brief duration. Complications are unlikely, but they do sometimes occur. It is possible that this operation will not help you, and a very small percentage of patients are even worse after the operation than they were prior to it. Because of these facts, Dr. Ulrich can make no guarantee as to the result that might be obtained from this operation. However, most patients do achieve the desired result.

As with any operation, bleeding and infection are possible complications of adenoidectomy. These complications can cause prolonged illness, the need for blood transfusions and very, very rarely even death. Furthermore, it is possible for the adenoids to grow back, with additional surgery becoming necessary. Occasionally a patient may have a different quality to his voice after adenoidectomy. Usually this change is described as being “nasal speech” and in rare instances it can be permanent.

There may be alternatives, such as drug therapy, to the operation you are considering. However, these alternatives carry their own risk of complications and a varying degree of success. Therefore, in those patients in whom adenoidectomy is indicated, the operation may provide the patient with the best chance of successful treatment and the lowest risk of complications.

# What to expect after ADENOIDECTOMY



## Activity & Diet

\* Most children are back to their normal activity within 48 hours after surgery. Normal activities may be resumed as soon as your child feels up to it. **Do not travel outside the area for 1 week following surgery.**

\* Some children may experience nausea, vomiting, or fatigue from the general anesthetic. This should resolve within a few hours after surgery. Begin with a clear liquid diet, progress to a soft diet, and then return to a normal diet as your child feels like eating.

## Pain & Temperature

\* Most children have minimal postoperative pain. Some children may experience a sore throat or headache for a few days, which is usually relieved by Tylenol (Acetaminophen).

\* The body temperature is normally elevated as a result of surgery. A low grade fever is normal for a few days after surgery and should be treated with Tylenol. If pain becomes more severe or lasts longer than 3 days, or if a fever is not reduced with Tylenol, contact our office.

## Bleeding

Once your child leaves the hospital **there should be no bleeding.** If, after the first day you notice some pink saliva or a spot of blood in the saliva you should not be concerned. If however, bleeding is an amount similar to that received from a cut and comes from either the mouth or nose, go directly to the emergency room.

## General Care

Increased snoring or nasal congestion is normal after surgery and is caused by swelling in the back of the nose. Bad breath is also common and is caused by the scabs that form in the region of the surgery. Snoring, congestion and bad breath should be gone by 10-14 days after surgery. Bad breath may be improved by the use of mild salt water solution as a gargle.

## Follow-up Appointment

A follow-up appointment has been made for you. Refer to your surgery letter for date and time. If this appointment needs to be changed, please contact our office.

## Questions or Problems

If questions or problems arise during normal business hours, please do not hesitate to call the office at (810) 695-3766. For post-surgical medical issues after normal business hours, call the office at (810) 695-3766 and follow the prompts to be connected to Dr. Ulrich. If unable to connect through the office, contact Genesys information at (810) 606-5000 to have Dr. Ulrich paged.



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