
POST OPERATIVE INSTRUCTIONS ADENOIDECTOMY

Adenoidectomy leaves a raw surface at the back of the nose where the adenoid tissue was located. This is occasionally painful for several days after surgery. Pain can manifest as stiff neck, head/neck/throat pain, or generalized fuzziness.

DIET

Begin with clear liquids immediately after surgery. Diet can return to normal as tolerated by the patient as soon as he/she gets home from surgery. Fluid intake is always important after surgery.

ACTIVITY

Activity level need not be restricted after the anesthesia effects have worn off.

WHAT TO EXPECT AFTER SURGERY

Fever: Common after Adenoidectomy, but the doctor should be notified if temperature is over 101.5 Fahrenheit.

Pain: See above. Motrin, Advil, or Tylenol can be given if discomfort/pain persists.

Bad Breath: Bad breath lasting up to 2 weeks is common after Adenoidectomy. Breath can be quite foul, but does not indicate infection and will resolve.

MEDICATIONS

Oral antibiotics as directed by your doctor.

Use pain medication only as recommended by your doctor.

PRECAUTIONS

You should notify your doctor for any bleeding noted after surgery.