



# POSTOPERATIVE CARE INSTRUCTIONS FOR ADENOIDECTOMY PATIENTS

*Age 11 years old and younger*

## **Diet**

No restrictions.

## **Pain**

With adenoidectomy, patients often feel head, neck and ear pain for up to seven days after surgery.

Take prescribed medication as follows:

**Children's Tylenol and Motrin:** Alternate **Children's Tylenol** \_\_\_\_\_ **with**  
**Motrin/ibuprofen** \_\_\_\_\_, every 4 hours.

It is helpful to take the medication with a little food to help with nausea.

## **Activity**

We recommend that you avoid strenuous activity for one week after surgery. This includes sports activities, bicycling, swimming, weight lifting, exercise, P.E., recess, dance, gymnastics, etc.

## **Fever**

A low-grade temperature (99–101 degrees) is common during the first two to three days after surgery. Fever over 100 degrees may indicate that the patient is not drinking enough, and they need to increase their fluid intake. If fever exceeds 102 degrees, please notify the physician.

## **Bleeding**

Small amounts of blood-tinged mucous from the mouth or nose are not uncommon. You should report bright red blood immediately, and instill Afrin spray or drops in the nose.

**Please contact our office at 478-743-8953 if you have any questions or concerns.**

**PLEASE ATTEMPT TO CONTACT OUR OFFICE FIRST SO THAT WE MAY ADVISE YOU APPROPRIATELY.  
IF, FOR ANY REASON, YOU ARE UNABLE TO REACH OUR OFFICE OR YOUR SURGEON IN AN EMERGENCY,  
PLEASE GO TO THE NEAREST EMERGENCY ROOM.**