



POSTOPERATIVE CARE INSTRUCTIONS FOR ADENOIDECTOMY PATIENTS

Diet

No Restrictions.

Pain

With adenoidectomy, patients often feel head, neck, and ear pain for up to 7 days after surgery.

Take prescribed medication as follows:

Tylenol 10-15mg/kg/dose every 6 hours and alternate with Ibuprofen 10mg/kg/dose every 6 hours. For example: Tylenol at 9a.m., Motrin at 12p.m., Tylenol at 3p.m., Motrin at 6p.m., etc. Use the attached medicine log to help you keep track.

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

Activity

It is recommended that strenuous activity be avoided for 1 week after surgery. This includes sports activities, bicycling, swimming, weightlifting, exercise, PE, recess, dance, gymnastics, etc.

Fever

A low-grade temperature (99-101) is common during the first 2-3 days after surgery. A fever over 100 may indicate that the patient is not drinking enough, and fluids need to be increased. If the fever exceeds 102, please notify the physician.

Bleeding

Small amounts of blood-tinged mucous from the mouth or nose are not uncommon. Bright red blood should be reported immediately, and Afrin spray or drops should be instilled 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.