



Postoperative Care Instructions Following Adenoidectomy

Medications

- With adenoidectomy, patients often feel head, neck, and ear pain for up to 7 days after surgery.
- You may take Children's Tylenol every 6 hours and alternate with Children's Ibuprofen every 6 hours. For example: Tylenol at 9a, Motrin at 12p, Tylenol at 3p, Motrin at 6p, etc.

Tylenol 160mg/5mL

Ibuprofen 100mg/5mL

- It is helpful to take medication with a little food to help with nausea.
- Resume all other medications unless otherwise noted.

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.

Diet

- No restrictions.
- Ensure adequate hydration following surgery.

Fever

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

Other Helpful Information

- Since moisture helps soothe a healing throat, you may want to use a room humidifier.
- Many patients have bad breath after surgery, and this is normal. Nasal saline spray may help.
- There may be some increase in mucus production in the nose. This is part of the normal recovery process. If there is a significant amount of mucus or crusting, you may use nasal saline spray (any brand) 2 to 3 sprays gently into each nostril 3 times per day.

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.