



Post-Operative Instructions For Adenoidectomy

1. Call our office to confirm that a post-operative appointment has been scheduled for 2-3 weeks after surgery.
2. Removing the adenoids generally causes only mild discomfort. Should there be a complaint of pain, use Tylenol Elixir in an appropriate dosage. **DO NOT USE ASPIRIN OR MOTRIN (IBUPROFEN) UNLESS INSTRUCTED TO DO SO BY ONE OF OUR PHYSICIANS.**
3. Nausea is common for 48-72 hours after general anesthesia. If nausea and vomiting persist beyond 72 hours, please call our office and we will call in a prescription.
4. The diet after surgery for the first 24 hours should consist of easy to chew foods which are neither too hot nor too cold. After the first day, resume a soft, regular diet as tolerated.
5. You may be discharged with a prescription for antibiotics which are to be used for 10 days after surgery. **IF YOU ARE ALLERGIC TO PENICILLIN**, please let us know so that we can prescribe an antibiotic that does not have penicillin in it.
6. After surgery there may be some passage of fluids into the nose when swallowing. This usually stops within a short time. Please call our office if this problem persists for more than 3 weeks.
7. Bleeding is a rare problem after undergoing an adenoidectomy. If there is any bleeding from the nose or throat, please contact the office closest to you immediately.
8. The patient's voice may sound higher pitched or more nasal after this procedure, and that is normal.