

ADENOIDECTOMY

Postoperative Instructions

Activity Once the patient is awake and alert, *there are **no** specific restrictions on activity.* Any normal activity is fine at any time once fully recovered from the anesthetic.

Diet *There are **no** dietary restrictions following removal of the adenoids.* A person may eat anything they want, anytime they want after adenoidectomy. Because a mild to moderate sore throat is common for a few days, cool liquids and soft foods may feel best initially. Examples include ice cream, soft drinks, Popsicles, frozen yogurt, broth, and apple juice.

Pain Pain is generally mild. Tylenol and/or Motrin are usually adequate, and may be given according to the package instructions. Children should never be given aspirin. If pain is a problem, your doctor can prescribe something stronger.

Congestion Do not worry if the nose seems stuffy or runny for a few days, even up to two weeks, after surgery. There may even be some blood in the mucus but not heavy bleeding. This should clear with time as swelling and inflammation resolve at the surgery site (located in the back of the nose, above the roof of the mouth).

Bleeding A scant quantity of blood *may* be seen from the nose or mouth, sometimes mixed with mucus. This is not worrisome. Notify the doctor if the bleeding is profuse or persistent (*rare*).

Fever Fever is not uncommon in the first day or two after adenoidectomy and should clear with time, fluids, and a few deep breaths per hour.

For questions or problems, call *Ear, Nose & Throat Specialty Care* at (214) 826-3681. After hours call (214) 346-1359.