

ADENOIDECTOMY PATIENT INSTRUCTIONS

PAIN:

- It is common to experience mild pain in the throat or the ears for a few days as well as some nasal congestion.
- CHILDREN: Take liquid Motrin and/or liquid Tylenol every 4-6 hours as needed. These may be alternated every 3 hours. These seem to work the best in children. Stronger pain medication may be given by your physician to be taken as directed.

FEVER:

- It is common to have a fever up to 101oF. If the temperature goes above 101.5oF please call the physician.

NASAL DISCHARGE:

- It is common to experience nasal congestion, drainage, and bad breath for 3-5 days after surgery. This is normal and is not an infection.

DIET:

- All liquids and soft foods may be eaten as tolerated. It is extremely important to prevent dehydration by drinking at least hourly.

RETURN TO SCHOOL OR WORK:

- This is up to the individual patient but for children it is generally 3-7 days. Criteria to return to school: eating, drinking, and playing normally with no fever.
- Adults may return to work in 1-3 days. No strenuous exercise for at least two weeks.

OCCURRENCES AND THEIR TREATMENT:

- **Bleeding:** Call the physician or go to the nearest Emergency Room if there is any bleeding. Severe bleeding after adenoidectomy is extremely rare.
- **Voice change** is expected and usually reverts to normal in a few weeks and is usually due to large adenoids.
- Occasional **nasal regurgitation** can occur when drinking liquids, especially if the adenoids are particularly enlarged. Discuss with the doctor at your follow up visit. It nearly always resolves soon after surgery.

Rarely, patients will experience **neck stiffness** with reduced range of motion for a few days after adenoidectomy. This is often due to inflammation of the underlying neck muscles and usually resolves with ibuprofen every 4-6 hours. Notify your doctor if this occurs.