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POST-OPERATIVE INSTRUCTIONS for ADENOIDECTOMY

1. An **ADENOIDECTOMY** can be an uncomfortable procedure. **Expect to have a sore throat or neck pain** for at (1) weeks after the surgery. Also expect some increased congestion in the nose which should improve in a couple of weeks.
2. **Sometimes PAIN CAN BE FELT IN THE EARS.** This is called **referred pain** and is due to inflammation or soreness in the throat or nasopharynx (or the back of the nose). It is also common to experience neck pain or stiffness. This usually occurs about 3 days after surgery and can last for several days.
3. Patient can be on a regular diet by the day after surgery. **However, AVOID hot liquids for 7 days after the procedure.**
4. **What's that SMELL:** After an adenoidectomy, it is common to experience very **bad breath** for a few days as a result of the normal healing process. There are no special instructions to improve this, as it should resolve on its own.
5. **THINGS TO DRINK:** Drink at least 1-2 liters per day to avoid dehydration: iced tea, Gatorade, diluted apple juice, Kool-aid, and water.
6. **BLEEDING** is very rare after an adenoidectomy; it is more commonly associated with a tonsillectomy. If bleeding persists for more than 30 minutes or recurs, go to the emergency department and contact our office at **904-880-0911.**
7. **NO STRENUOUS EXERCISE** or activities are allowed for a one-week period. We recommend no heavy lifting (over 10 lbs.).
8. **PAIN CONTROL** is an important part of the management after undergoing an adenoidectomy. Depending on the patient's age, we **MAY** have prescribed a few days of Hycet (Hydrocodone/Tylenol). You may give the Hycet every 4 to 6 hours as needed for pain. You may alternate the Hycet with Motrin after the procedure. Motrin may be given every 6 to 8 hours in between Hycet doses. If Hycet is not ordered, you may alternate Tylenol and Motrin as a pain reliever.
9. **After the procedure, fevers are to be expected within 3-4 days, however if the fever reaches 102.5 after Tylenol/Motrin please contact our office.** If the fever persists beyond 4-5 days, please contact your pediatrician as this could be a viral infection. Fevers can be reduced by alternating Tylenol and Motrin and maintaining fluid intake (i.e., Water, Gatorade, Pedialyte, Popsicles, etc.). If you have to take your child to the ER, we recommend Wolfson Children's Hospital.

PLEASE HAVE PAIN MEDICATION PRESCRIPTION FILLED AT YOUR PHARMACY PRIOR TO SURGERY.