

Discharge Instructions - Adenoidectomy

Diet

Drink lots of liquids after surgery. You may return to your normal diet after the procedure. Avoid hot or spicy foods, or foods that are hard and crunchy for 5 days.

Activity

Any strenuous activity should be avoided within the first week after recovery. Return to work or school 1 to 3 days after surgery, or as directed by your physician.

Pain

For the first several days (occasionally up to 7 days) following surgery, mild pain in the throat is to be expected. This can usually be controlled with Acetaminophen (Tylenol®) and/or Ibuprofen (Advil®, Motrin®). Take these according to the label or pharmacist instructions.

Do not take homeopathic or herbal medications for the first week following your surgery.

Bleeding

There should be only minimal bleeding following surgery, if at all. You may have some drainage from your nose, but continuous nasal bleeding should not occur.

Other

Voice changes may occur; this will only last for a short time. Bad breath is also common for a week following surgery. Increased phlegm may also occur for 10 days following surgery, this is part of the healing process. Do not blow your nose for 5 days.

CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF:

1. You have a fever over 38.5°C or 101.3°F.
2. You have any difficulty breathing or shortness of breath.
3. You have increased throat pain.
4. You have bleeding from your nose or throat.
5. You have chest pain, weakness, or numbness in the face or limbs.
6. You have persistent nausea or vomiting.