

Adenoidectomy Post-Op Instructions

BEFORE THE SURGERY:

1. Nothing to eat or drink after midnight the night before.
2. No Ibuprofen, Advil, Aleve®, Aspirin, vitamin E or fish oil for one week prior to surgery and for two weeks after surgery.

AFTER THE SURGERY:

Activity: The patient should remain in bed for the rest of the surgery day, then he or she may gradually get up and about. There should be no vigorous physical activity for three to four days. Most children can return to school in three to four days following surgery.

Diet: Fluids are extremely important after surgery. Dehydration will lead to increased pain and slower recovery. In general, if you are not urinating at least four times per day, you should increase your fluid intake. Avoid citrus and tomato juices, which can sting, and whole milk products, which can produce a lot of phlegm. Ice chips and popsicles are good source sources of fluid, and they cool the throat to ease the pain. A soft diet would include applesauce, yogurt, Jell-O, soups, pudding, scrambled eggs and mashed potatoes. Avoid crunchy foods such as pretzels, chips and pizza crust for about two weeks after surgery.

Pain: It is normal to experience painful swallowing, sore throat and possibly some ear pain after the surgery. The doctor will give the patient a prescription for pain medicine. If pain is not intense, acetaminophen (Tylenol®) may be given every three to four hours as needed. Follow the package instructions to administer the correct dosage. Experience has shown that the more often a patient chews and swallows, the quicker the discomfort disappears.

COMMON FINDINGS:

- A fever is very common after surgery. Call the office if the fever rises above 101.5°F.
- Bad breath is common for about seven to 10 days. Increasing fluid intake usually helps this. Gargling with warm salt water will also help.
- Spotting of blood is not unusual. If this occurs, have the patient rest quietly with the head slightly elevated and apply cold towels to the throat.
- It is not uncommon to be constipated from the pain medicine. Increase fluid intake. The patient may need an over-the-counter (OTC) stool softener or suppository.

A post-op appointment will be scheduled for approximately four weeks after surgery.