

POST ADENOIDECTOMY

REMEMBER IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE AND WATER.

On the morning of surgery please report to L&M or Pequot Surgical Center as scheduled.

1. Throat pain, jaw pain, and ear pain are normal following an adenoidectomy and may last up to 72 hours. Pain may be worse upon swallowing.
2. Elevated temperature is not unusual after an adenoidectomy. It is unusual for this to be a sign of infection. If the temperature is measured to be higher than 101.5 F, then please call us. To help keep the temperature down, try to drink as much as possible. Avoid citrus juices, but try cold water, soda pop, ginger ale, popsicles, sherbet, Kool-Aid and beef or chicken stock. Ice cream is also acceptable.
3. Prescriptions to be used postoperatively will usually be given to you at the time of surgery or directly faxed to the pharmacy so they will be ready for you after discharge. Usually, you will be given an antibiotic. The entire antibiotic prescription should be taken as per directions on the bottle.
4. Avoid aspirin or aspirin-related products for two weeks after surgery as well as two weeks prior to surgery if possible. Tylenol and its related products are okay.
5. Bleeding is unusual, but oozing from the nose or down the back of the throat for up to 72 hours is normal. Call the office number at any time day or night if you notice excessive bleeding.
6. It is important to take it easy and give your body a rest following an adenoidectomy. Light activities are fine, but avoid strenuous activities.

IF YOU HAVE ANY ADDITIONAL QUESTIONS OR PROBLEMS, PLEASE CALL THE OFFICE.