

ADENOIDECTOMY

REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

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. Call the office if the temperature is measure to be higher than 101.5 while taking Tylenol. To help keep the temperature down, try to drink as much as possible. Avoid citrus juices, as they can burn, but any other liquids are fine. Ice cream is also acceptable.
3. Avoid aspirin after surgery but also for one week prior to the surgery if possible. Tylenol, Motrin and related products are acceptable. If you are on a prescribed blood thinner, stopping and restarting these medications should be discussed with your prescribing doctor (Cardiologist, PCP, etc.).
4. Bleeding is unusual, but slight oozing from the nose or down the back of the throat is not uncommon for the first 72 hours. This should be SLIGHT so call the office at any time if you notice excessive bleeding.
5. You may notice that you are congested. This is normal following an adenoidectomy and is from postoperative swelling. This will improve in the days following surgery.
6. The patient should plan to be out of work for the day of surgery and the day after. Activity restrictions should be discussed with your surgeon to determine when regular activity can be resumed.
7. You will have a postoperative appointment scheduled for you, which will be 7-14 days after surgery. You should have received a card with this appointment location, date and time- if you did not, please call the office to find out when this appointment is.

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