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## **ADENOIDECTOMY POST-OP INSTRUCTIONS**

### **IMMEDIATE POSTOPERATIVE PERIOD**

Sleepiness may occur for 3-4 hours following general anesthesia. The first meal after the operation should consist of liquids if the patient is having nausea or vomiting.

### **MEDICINES**

A prescription for an antibiotic may be given. Hydrocodone with **TYLENOL ELIXIR** may be used as needed for pain. Plain **TYLENOL** may be used for fever over 101 degrees or for mild discomfort.

### **ACTIVITY**

During the first week, the child may engage in moderate activity. He/she may sit, walk, watch TV, play quietly, etc.. They should not engage in exceedingly active behavior. Keep the head slightly elevated during sleep with two pillows.

### **FOOD**

Food is not a problem with most patients that have an adenoidectomy. The soft palate closes off the area in which the surgery was performed and no food touches the sensitive area. Encourage liquids often. Soft foods such as soup, yogurt, ice cream, mashed potatoes, scrambled eggs, or macaroni and cheese are tolerated well.

### **RETURN TO WORK OR SCHOOL**

Patients may return to school a day or two following surgery. A note should be sent to the teacher restricting any type of vigorous activity for 1 week.

### **ANTICIPATED PROBLEMS**

**Neck stiffness** – For the first week after surgery, most patients will experience some stiffness and pain when they turn their head in either direction. This will resolve as the scab over the adenoids heals and detaches. Pain medication will help if the problem is more than an annoyance.

**Runny nose** – This occurs in most patients. It will generally improve after 4-5 days with administration of the antibiotic given at the time of surgery. An over the counter antihistamine (such as Triaminic, Dimetapp, or Pediacare) will help relieve the drainage.

**Low Grade Fever** – Is fairly common. It can be the first sign of dehydration. Encourage oral fluid intake. Use **TYLENOL** if greater than 101 degrees. Place in tepid bath if over 102 degrees.

**Bad Breath** – This is routinely noted. It will begin to abate in about two weeks when the area has completed the healing process.

**Bleeding** – This rarely occurs. The day of surgery, a small amount of blood-tinged materials may be noted in the nasal drainage or in the postnasal drainage if the patient coughs. This is nothing to worry about. It may continue for several days. It rarely will become a problem.

### **FOLLOW-UP**

Call the office for an appointment for two weeks following the surgery.

