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ADENOIDECTOMY SURGERY POSTOPERATIVE INSTRUCTIONS

- **Activity:** Limit physical activity and sports for one week. It is permitted to blow the nose after surgery. Nosebleeds may be a sign of over activity.

Make sure to get up, walk around and BREATHE DEEPLY through your mouth, often, for at least one to two days after general anesthesia.

- **Pain:** Narcotic pain medications *may* have been prescribed (non-pediatric patients). Use as directed, on a FULL STOMACH. If there is mild pain/discomfort, Tylenol (or acetaminophen) can be taken instead of the narcotic. Avoid aspirin-like products like Motrin, Advil and Ibuprophen which can increase bleeding. Mild neck pain and earaches are common during recovery.
- **Bad Breath:** There will be BAD BREATH. This is very common and will resolve itself when the scabs fall off in about a week. Take the prescribed antibiotics as directed. Continue with brushing teeth during recovery.
- **Fever:** A slight elevated temperature is common. This can be a sign of dehydration. Increase fluid intake and take deep breaths. Call our office if a fever over 102 degrees does not go down with Tylenol or Motrin.
- **Diet:** On the day of surgery, start with fluids when you get home. Add light food as tolerated. Resume a normal diet the next day. Drink plenty of fluids to avoid a fever and pain.
- **Nausea:** Take pain medications on a FULL STOMACH to avoid nausea. Spit out anything that tastes like blood as it can upset your stomach. If Phenergan or Zofran have been prescribed, use as directed, as needed.
- **Nasal Congestion:** Nasal congestion, nasal swelling, a runny nose and cough are common during recovery.

A post-operative examination is recommended around two weeks. This appointment was scheduled for you when you were scheduled for surgery.

CALL DR. TATAR IF THERE ARE ANY QUESTIONS OR CONCERNS AT 410-799-3940