

Barry S. Tatar, M.D.

Board Certified Otolaryngology

specializing in the medical & surgical treatment of the ear, nose, throat & sinuses

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ADENOIDECTOMY POSTOPERATIVE INSTRUCTIONS

- Activity: Limit physical activity and sports for one week. It is permitted to blow the nose after an adenoidectomy.
- Pain: Pain medication has been prescribed, use as directed. If there is mild pain tylenol or acetaminophen can be taken instead of the narcotic. Avoid aspirin or aspirin-like products like motrin, advil and ibuprophen which can increase bleeding.
- Bad Breath: There will be BAD BREATH. This is very common and will resolve when the scab falls off in about a week. Take the prescribed antibiotic as directed.
- Fever: A slightly elevated temperature is common. Increase fluids and take deep breaths.
- Diet: On the day of surgery start with fluids and add light food as tolerated. Resume a normal diet the next day.
- Nausea: Phenergan has been prescribed for nausea or vomiting, use as directed.

A postop examination is recommended in about 2 weeks.

CALL DR. TATAR IF THERE ARE ANY QUESTIONS OR PROBLEMS

410-799-3940