

# POST-OP INSTRUCTIONS

## ADENOIDECTOMY

### DIET

- Regular diet as tolerated.

### GENERAL INSTRUCTIONS

- No rough play, PE, strenuous exercise, or lifting over 10 lbs for 1 week after surgery.
- Bad breath is commonly observed for several days and is helped by drinking an adequate amount of fluids and adequate intake of foods. The odor does not indicate infection.
- A fever within 24-48 hours of surgery is normal (even 101° or 102°).
- Mucus or increase in secretions down the throat and nose may occur and last several days after surgery. Coughing, hacking, and clearing of the throat should be avoided.
- Mild bleeding is NOT unusual and usually stops with gargling ice-cold water for 1 – 2 minutes. If bleeding continues or clots are seen in the throat, call the office.

### MEDICATIONS

- For pain alternate Tylenol (acetaminophen) with Ibuprofen every 2-3 hours. Give regularly for 3 - 5 days after surgery. Wean off as tolerated. DO NOT USE ASPIRIN. Narcotic pain medication is not usually needed.
- Zofran is for nausea/vomiting and works best when taken 30 minutes prior to eating or drinking.

### CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR

- Severe pain not relieved by alternating pain medication.
- High fever that lasts longer than 2 days or is associated with stiff neck or persistent cough.
- Persistent vomiting that lasts longer than 24 hours.
- Frequent swallowing or any bright red bleeding that doesn't stop with gargling ice water.
- Unable to urinate for more than 6 hours.

**Please contact our office with any additional questions.**