

## **Adenoidectomy Postoperative Instructions**

1. Discomfort following adenoidectomy is usually mild and responds to over-the-counter Ibuprofen or Tylenol. Prescription pain medicine is rarely needed.
2. Activity should be restarted to indoor play and rest for 2-3 days.
3. Children can usually return to daycare or school within 3 days of the procedure, but additional time may be required if they require pain medication beyond 3 days.
4. Diet need not be restricted. Sore throat with swallowing should be minimal. Encourage plenty of fluids.
5. Nasal congestion, thick post-nasal drainage and bad breath are expected for up to 10 days after the procedure. This does not necessarily indicate infection.
6. Children commonly will run a low-grade fever for several days after the procedure due to inflammation and healing response.
7. If prescribed an antibiotic, take until gone.
8. It is important to keep all follow-up appointments.
9. Call the ENT physician or come to the Emergency Department if there is any bleeding from the nose lasting more than 10 minutes or bleeding from the mouth that is more significant than mild red-tinged mucous.
10. Reasons to call:
  - Fever greater than 101.5
  - Heavy bleeding
  - Worsening pain
  - Persistent nausea and/or vomiting
  - Bruising around eyes
  - Change in vision or double-vision
  - Yellow, green or foul-smelling nasal discharge

\*\* For any questions or concerns, call the office (814-944-5357) Monday through Friday, 9:00 am to 4:30 pm. Through the same number, our answering service will page the ENT physician on-call during nights and weekends.