



## Post-operative Adenoidectomy Instructions

Redlands: (909) 793-2500 | Banning: 951-769-6774

After an adenoidectomy there are several aspects of care that are important. The first is hydration and nutrition. Hydration is very important the first several days after surgery. This should consist of ample liquids (juices, milk and sport drinks) to ensure urination at least twice daily. Adequate urine output varies with age and size of the patient but this is a reasonable starting point.

Minor sore throat, neck stiffness or soreness, and ear pain are common. Treat these with the prescribed pain medicine or Tylenol.

Low-grade fever is normal after an adenoidectomy. Tylenol may be used for fever reduction. Rarely, high fever may be indicative of a more serious problem. To further address this, you should contact your physician for fever greater than 101.5 which does not respond to Tylenol or your pain medicine.

A small amount of bleeding may occur. Treat this with Neosynephrine or Afrin nasal spray and rest. Call the office if bleeding persists.

There are no specific dietary restrictions with adenoidectomy. Food normally does not go up into the part of the throat where the adenoids are located. Therefore, choice of diet is at the patient's discretion.

If you have any questions or concerns, please call our office during business hours Monday-Friday (8:30 a.m.-5:00 p.m.) at (909) 793-2500.