

INSTRUCTIONS AFTER ADENOIDECTOMY

1. Diet

We encourage patients to drink fluids and start with soft foods. Good hydration will help healing. Patients can advance to more solid foods as tolerated, usually later the same day.

2. Activity

Light to moderate activity is recommended. Heavy lifting, straining, and contact physical activity should be avoided for at least one week following surgery.

3. Pain

Patients may use ibuprofen (Advil®, Motrin®) or acetaminophen (Tylenol®) for pain.

4. Nausea/Vomiting

Some patients can experience nausea and/or vomiting after surgery. Your physician may prescribe a medicine for nausea. Call the office at (910) 219-3377 and speak with our nurse if this is a problem.

5. Healing

The scab is at the back of the nose and not visible in the throat. It is not unusual to note bad breath due to the scab in the nose. This odor does not indicate an infection.

6. Fever

A low-grade temperature is common after surgery. Please contact our office if the temperature is 102°F or higher and does not respond to ibuprofen or acetaminophen.

7. Voice

Your voice may sound high-pitched or different initially during the healing phase. With time and healing, the voice quality should gradually return to normal. Children who have undergone an adenoidectomy may see a change in voice quality due to improved nasal airflow.