



POSTOP INSTRUCTIONS

ADENOIDECTOMY

NORMAL POSTOP COMPLAINTS

- Throat discomfort is minimal. Tylenol or Motrin usually provides sufficient pain relief.
- Neck pain and earaches are common, occurring in 5 to 7 days. Treat these with Children's Motrin or Advil.
- Low-grade fever between 99-100 degrees. (May be worsened by a poor fluid intake).
- May have bad breath for up to 3 weeks.
- Significant nasal congestion, due to soft tissue swelling from the surgery. As the swelling goes down, a runny nose and cough are common (Resolves after two weeks).
- Slight bleeding from the nose, if patient becomes overactive too soon.

CALL OUR OFFICE IF YOU NOTICE ANY OF THE FOLLOWING

OFFICE TELEPHONE # 727-329-5400

SURGICAL EMERGENCIES # 727-562-6858

- Fever greater than 102 degrees that does not respond to Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin).
- Severe nose bleed.
- Severe neck pain or neck pain that does not respond to Motrin/Advil in 48-72 hours.
- Persistent nausea or vomiting.

HOME CARE INSTRUCTIONS

- Begin with a clear liquid diet and progress to normal as your child feels like eating.
- Use Acetaminophen (Tylenol) and Advil (Motrin) for pain and discomfort.
- Child should rest at home for the first day postop.
- Gradually increase activity level to normal after 3-4 days, avoiding vigorous activity for 3-4 days.

Notes/Questions:
