



**Otolaryngology  
Specialists  
of North Texas**

**Pediatric and Adult Ear, Nose, & Throat Specialists**

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## POST-OPERATIVE INSTRUCTIONS ADENOIDECTOMY

**Recovery:** Recovery from anesthesia is usually about 90 minutes. Nausea/vomiting occur uncommonly. If this persists, call the office for a prescription anti-nausea medication.

**Diet:** Fluid intake/hydration is encouraged after adenoidectomy. Any liquid is fine, any temperature, just drink to the point of urinating about every 2-4 hours. There are no dietary restrictions after adenoidectomy.

**Activity:** Activity may be increased as tolerated, with a return to school the next day in most cases. There are no activity restrictions.

### **Instructions/expectations:**

**pain:** Most children do not experience pain. Those that do will complain of head or neck pain, headache, or you may notice neck stiffness. If your child is uncomfortable, treat with Ibuprofen and/or Tylenol as needed. If you have any questions about pain, or difficulty controlling it, please call the office.

**fever:** Variable, but expected as a response to healing. Call if fever is  $> 102$ .

**snoring:** Snoring may occur or persist for up to 14 days following adenoidectomy. Also, a temporary change in voice can. This will resolve with time.

**bad breath:** Occurs in most children for 1-2 weeks after surgery. This will resolve.

**bleeding:** Extremely uncommon after adenoidectomy. Call your surgeon if you notice any bleeding from the nose or mouth.

**Medications:** Pain medication(s) as per your surgeon's instructions. Commonly used medications include ibuprofen (recommended) or acetaminophen. Antibiotic if prescribed by your surgeon.

**Follow-up appointment:** A routine follow-up visit is usually made for about 2 weeks after surgery. This appointment is usually made when the surgery is scheduled.