



YOUR POST-OPERATIVE APPOINTMENT IS SCHEDULED FOR

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(it is essential to keep your post-op appointment, if this date and time does not work,  
please call our office to reschedule. (617) 524-3864

### **Post Operative Instructions Adenoidectomy**

#### **ACTIVITY**

- Children should rest but may play inside the afternoon and evening following surgery. They may resume normal activity as tolerated starting the following day.
- Children may return to school whenever comfortable; some children are back to their normal routine the day after surgery, others may be out of school for 1 -2 days following surgery.
- Avoid strenuous activity for one week.

#### **FLUIDS AND DIET**

- The more your child drinks, the sooner the pain will subside. Water, apple juice, grape juice, and Gatorade are excellent sources of liquid.
- Your child may resume a normal diet as tolerated.

#### **FEVER**

- A slight fever (temperature around 101 degrees Fahrenheit) is common for a few days after surgery.
- Take acetaminophen (Tylenol) for a fever higher than 101 degrees Fahrenheit.
- If the fever persists (more than two days) or if a higher fever develops, call your doctor. Fever may indicate that you have not taken in sufficient fluids or may have an infection.

#### **PAIN AND THROAT CARE**

- For the first several days (occasionally up to 7 days) following surgery, mild pain in the throat may occur. This can usually be controlled with Liquid Tylenol (acetaminophen). Avoid medication containing aspirin, ibuprofen, or other anti-inflammatory medication for 2 weeks.
- Occasionally a stiff neck may occur. Please call if it becomes excessively painful.
- Ear pain, referred from the throat, is common after adenoidectomy. This does not necessarily indicate an infection.

- An ice collar can be helpful for post-operative sore throat. Make this by placing ice cubes and water in a large Zip-Loc bag and wrapping it in a towel. Gently lay the ice pack on the front of the neck.

#### BLEEDING

- Post-operative bleeding is unusual. Most bleeding is minor and you may only see a little coating of blood on the tongue or mild bleeding from the nose. Put your child into bed, sitting upright, and place an ice collar on the neck. Watch for spitting, coughing, or vomiting of blood.
- If you suspect bleeding following surgery (anything more than one teaspoon), call immediately.

#### WHEN TO CALL YOUR DOCTOR

- Bleeding from the mouth or nose.

Should you have any questions or problems following your procedure which have not been covered in this information sheet, please feel free to call the office between 9 AM and 5PM and we will be happy to answer your questions.