

# After Adenoidectomy

## Discharge instructions

### DIET

Since the area that has been operated on is not directly in the pathway of food or swallowing, the throat is usually tender only on the first 1-3 days after surgery. Make sure he/she has plenty to drink. There are no diet restrictions and a normal solid diet is allowed, as tolerated by the patient.

### ACTIVITY

Your child may act unusually for the first few hours after anesthesia. By the next morning, your child should feel capable of resuming his/her usual activity.

### PAIN

There is usually throat pain which can be very mild to somewhat severe for the first 1-3 days following surgery. This is usually well controlled with acetaminophen (such as Tylenol) or a pain medication prescription given to you by your surgeon, as directed. Do not use any products containing aspirin or related products (such as Ibuprofen, Motrin or Advil).

### FEVER

There may be slight elevation during the first day. If your child is eating and drinking normally by the second day, there should be no fever. Your child may have a foul smelling breath for a few days.

### FOLLOW-UP VISIT

If you do not already have a follow-up appointment scheduled for 7-10 days from now, please call the physician's office later today to set one up.

### CALL THE PHYSICIAN'S OFFICE AT ANY TIME IF YOU NOTICE ANY OF THE FOLLOWING:

Temperature over 101.5 degrees fahrenheit.  
Bright red bleeding from nose or mouth.