

Head and Neck Surgery – Ear, Nose, Throat & Allergy Specialists

The Center for Surgical Care

## **Post-operative Instructions for Adenoidectomy**

For any bleeding, call the office. You can expect a very small amount of blood-tinged drainage from the nose.

Expect some discomfort up to five days after surgery. Liquid Tylenol with or without Codeine should be given every four hours for pain.

The patient should stay home from school/work for \_\_\_\_\_ days following surgery. Avoid physical education or strenuous activity for \_\_\_\_\_ days.

Encourage the patient to drink plenty of fluids following the surgery. There are no dietary restrictions, however, and he or she may take solid food as soon as he or she wishes. Avoid greasy or spicy foods the first day.

Call the office if a temperature of 101° or higher occurs.

The patient may have one to two episodes of nausea or vomiting. Call the office for continued problems with nausea and vomiting.

**For any other questions or problems, please feel free to call the office.**