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Post-Operative Care and Instructions for Adenoidectomy

General

- 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 is a risk if patient becomes overactive too soon.

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.

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