

## POST OPERATIVE INSTRUCTIONS – ADENOIDECTOMY

Please read this sheet before and after your surgery and follow all instructions to assure the best result from your surgery.

- › Please arrive to the hospital on time. If you are late, your surgery may need to be postponed or delayed.
- › It is very important that you arrive with an empty stomach. If you drink water, milk, etc, or have anything to eat after midnight the night before, your surgery will be canceled. This is to ensure your safety.
- › It is normal to have some ear pain and bloody nasal drainage the first couple of days after surgery.
- › Your child can eat and drink as usual the night of surgery. He or she may be a little fussy and you can give them Tylenol if needed.
- › Please call if a fever over 100.0 F and /or cough develops after surgery.
- › Usually there is not significant sore throat with an adenoidectomy alone. Use Tylenol if necessary.
- › Sometimes swallowing may feel different and children may be hesitant to swallow. This is not associated with pain just a different sensation. This will improve with time. Please be patient.
- › Occasionally food or drink can come out the nose with swallowing. This is normal and will get better with time.
- › Sometimes the voice will change and have a nasal quality to it. This is also normal and will improve.

**Finally, please call the office and talk to the medical assistant if you have any questions of concerns about your recovery. Be patient, it will take a week or 2 until you feel normal again.**