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## **Adenoidectomy POST-OPERATIVE CARE INSTRUCTIONS**

### **WHAT TO EXPECT**

- Minimal throat discomfort is to be expected after surgery
- Neck and ear pain after surgery is common and may last up to 7 days after surgery

### **BAD BREATH**

- Bad breath is common after surgery but should diminish within 3 weeks after surgery. Saline nasal spray may be used to improve breath.

### **MEDICATION**

- Patient should take antibiotics as prescribed by Dr. Respler until the antibiotics course is complete.
- Tylenol® or Temptra® may be used for pain according to package directions every 4 hours as needed

### **ACTIVITY**

- Child should rest at home for up to 2 days after surgery.
- Avoid strenuous activity for 3-4 days after surgery
- Child should not attend gym for 2 weeks after surgery
- Child may resume normal activity 3-4 days after surgery.

### **DIET AND FEVER**

- **Drinking fluids is very important to reduce pain and promote healing.**
- Patient should tolerate a clear liquid diet right after surgery and should gradually resume a normal diet as soon as they feel ready.
- A low-grade fever between 99 and 101 degrees F may develop after surgery and will worsen with poor fluid intake

### **POST OPERATIVE VISIT**

Please schedule an appointment to see Dr. Respler **three months after surgery** for normal postoperative care