

Adenoidectomy POST-OPERATIVE CARE INSTRUCTIONS

WHAT TO EXPECT

- Minimal throat discomfort is to be expected after surgery
- Neck and ear pain is common and may last up to 7 days after surgery
- Bad breath is common after surgery but should diminish within 3 weeks after surgery. Saline nasal spray may be used to improve breath.

MEDICATION

- Tylenol® may be used for pain according to package directions every 6 hours as needed. Patient should take antibiotics as prescribed by doctor until the course is complete

ACTIVITY

- Patient should rest at home for up to 2 days after surgery. Avoid strenuous activity for 3-4 days after surgery. Patient should not attend gym for two weeks after surgery and 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 by a poor fluid intake.

POST-OPERATIVE VISIT

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

Bilateral Turbinate Reduction POST-OPERATIVE CARE INSTRUCTIONS

WHAT TO EXPECT

- Minimal bleeding from the nose can be expected after surgery up to 10 days after surgery
- Nasal congestion, swelling inside the nose and/or dry crusting of the nose for up to 14 days after surgery can be expected. When this occurs, saline nasal mist and Bacitracin ointment should be gently applied to the nose with Q-tip twice daily.