

ADENOIDECTOMY– Post-Operative Care Instructions

WHAT TO EXPECT

It is normal to have

- Minimal throat discomfort after surgery
 - Neck and referred ear pain for up to 7 days after surgery
 - Bad breath that should diminish within 3 weeks after surgery.
 - A low-grade fever between 99 and 101 degrees F that can will worsen with poor fluid intake
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MEDICATIONS

- Tylenol® may be used for pain according to package directions every 6 hours as needed.
 - Patient should take antibiotics until the course is complete, if prescribed by Dr. Respler.
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DIET AND ACTIVITY

We recommend that

- Patient should rest at home for up to two (2) days after surgery
 - Patient should avoid strenuous activity for up to two (2) weeks
 - Patient should not attend gym or perform heavy lifting for two weeks
 - **Patient must stay hydrated. Drinking fluids is essential to reduce pain and promote healing.**
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TURBINATE REDUCTION– Post-Operative Care Instructions

WHAT TO EXPECT

- Minimal bleeding from the nose up to 10 days after surgery
- The feeling that there is a foreign substance or packing in the nose
- Nasal congestion, swelling inside the nose and/or dry crusting of the nose for up to 14 days after surgery can be expected. Gently apply Saline nasal mist and/or Bacitracin ointment to the nose 2x daily.

FOLLOW-UP CARE

A post-operative visit should be scheduled approximately **3 months after surgery**

QUESTIONS?

Please call our office at **(201) 996-9200** with any concerns. We are honored to be part of your child's care.