



Anne Arundel Ear Nose & Throat

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ADENOIDECTOMY & VENTILATIONS TUBE INSERTION PATIENT POST-OPERATIVE INSTRUCTIONS

- FOLLOW UP VISITS:** The follow up visit will be in three weeks following the procedure.
- ACTIVITY:** No strenuous activity for 24 hours if adenoidectomy performed. No water in the ears until first post-op visit if ventilation tubes were inserted. You may use a cotton ball with Vaseline or pre-molded ear plugs. Once the ears have healed it will be safe to swim in a pool or wash hair with tap water. There is an increased risk of infection with swimming in non-chlorinated water such as the ocean or bay. Putting your head in dirty bath water may also lead to infection.
- DIET:** Normal diet.
- PAIN:** Take Tylenol or any aspirin-free medication every four hours, as needed. There is minimal pain involved. There may be bad breath for the first 1 - 2 weeks due to scabs forming where the adenoids were.
- TEMPERATURE:** Note any temperature elevation. Drink lots of cool liquids. If temperature is over 101 degrees orally AND DOES NOT RESPOND TO MEDICATION, increase fluids and call the office.
- GENERAL:** There is usually a bad odor to the breath until healing has occurred. It does not mean infection. Brushing your teeth and tongue, as well as gently rinsing with mild salt water several times a day may be helpful. Adenoidectomy patients should not blow their nose for approximately five days. Increased mucous production is normal and part of the healing process. Use the ear drops as directed at least for three days or longer if drainage persists. Whenever there is drainage from the ears, it is important to use the drops to prevent obstruction of the tubes and also to clear the infection.

If you have any questions or problems related to your procedure please call us on the surgical line at (410)570-5691 or the office at (410)573-9191.