



Post-Op Adenoidectomy

After adenoidectomy, there are several aspects of care that are important. The first is hydration. Hydration is very important during the healing period. This should consist of ample liquids (juices, milk, and sports drinks) to ensure urination at least twice daily. Adequate urine output varies with age and size of the patient but this is a reasonable starting point.

There are no specific dietary restrictions after adenoidectomy. Both solids and liquids are fine. Minor sore throat, neck soreness, and ear pain are common. You can treat this with acetaminophen (Tylenol) or prescribed pain medicine. Motrin is typically okay for adenoidectomy alone.

Low-grade fever is normal after adenoidectomy. Acetaminophen (Tylenol) may be used for fever reduction. Narcotic pain medicines are usually combined with acetaminophen so they too reduce fever. Rarely, high fever may be indicative of a more serious problem. Contact your physician for fever greater than 101.5 F which does not respond to Tylenol or your pain medicine.

A small amount of bleeding may occur. You can treat this with Afrin nasal spray and rest. Call the office if bleeding persists.

Please schedule an appointment to see your doctor two weeks after surgery.