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Post Operative Adenoidectomy Instructions

I hope this day has gone well for you. Please take the day easy and keep your head elevated. You may eat a normal diet. Maintaining hydration is very important. Avoid acidic drinks such as orange juice or lemonade.

After turbinate procedures it is normal to have a nasal discharge, which may be slightly bloody for several hours. Nasal saline spray will help to reduce scabbing and crusting. This may be used 3-4 times a day.

Recommendations for pain medications have changed. Narcotics are no longer recommended for children. Alternating doses of Tylenol liquid every 4 hours and Ibuprofen liquid every 6 hours is the current standard. No more than 2 doses of Ibuprofen in a 24 hour period to be given. The nurse will tell you the recommended doses.

If you develop bright red bleeding it is best to go to your local Emergency to have this checked.

FAQ

No strenuous activity for 2 weeks, such as sports, gym and outdoor recess.

Ear pain is common which is referred from the throat. Continue cold liquids. This will resolve.

Pain may increase for a few days while the scabs are coming off. This is normal.

If signs of dehydration occurs, such as low urination, low fluid intake, dry mucous membranes, call the physician.

Fever greater than 101.5, call the physician.

I hope these instructions are helpful but please contact the office if you have any questions.