POSTOPERATIVE INSTRUCTIONS FOR ADENOIDECTOMY

Adenoidectomy is generally a well-tolerated operation. Some of the following problems may occur after surgery.

**Pain**
Minor sore throat, neck stiffness or soreness, and ear pain are common. Treat these with the prescribed pain medication, acetaminophen (Tylenol), or ibuprofen (Motrin or Advil).

**Bad Breath**
This is normal for up to two weeks after the operation and is of no concern.

**Fever**
A low grade fever is frequently experienced. Drinking extra fluids is helpful. Tylenol can help also. Check if any prescription pain medication contains Tylenol (acetaminophen) before taking additional dosages.

**Bleeding**
A small amount of bleeding may occur. Treat this with Neosynephrine or Afrin nasal spray and rest. Call the office if bleeding persists.

**Diet**
There are no specific dietary restrictions with adenoidectomy. Food normally does not go up into the part of the throat where the adenoids are located. Therefore, choice of diet is at the patient’s discretion.

If you have other questions or concerns, please call:

- **Monday – Friday, 8AM-5PM:**
  - ARC Cedar Park Medical Plaza (512) 260-1581
  - ARC Far West Medical Tower (512) 346-8888
  - ARC Kyle (512) 295-1333
  - ARC Round Rock (512) 244-9024
  - ARC South (512) 443-1311

- **After 5 PM, Monday – Friday and on weekends:**
  - The Medical Exchange (on-call after hours ENT) (512) 458-1121