



Ear, Nose, and Throat (ENT)

*Head and Neck Surgery
Diseases of the Ears, Nose and Throat
Voice Disorders
Audiology and Hearing Aids
- Adult and Pediatric -*

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
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ARC Kyle Plum Creek • 4100 Everett, Suite 400 • Kyle, Texas 78640 • 512-295-1333

ARC Round Rock • 940 Hesters Crossing Road • Round Rock, Texas 78681 • 512-244-9024

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