



Post-Operative Instructions

Adenoidectomy

1. Expect some throat discomfort after the surgery. Acetaminophen (Tylenol) and ibuprofen (Motrin/Advil) may be used as needed for the first 2-3 days. You may alternate these medications.
2. Encourage fluids, popsicles and soft foods for the first 2-3 days.
3. It is common to have some ear pain and neck discomfort as well after surgery.
4. Bad breath is common and may last a week.
5. Light activity for the first 2-3 days after surgery and then regular activity may resume slowly.
6. A low-grade fever of 99-101 F is common after surgery. Report any temperature above 101 F to the physician.
7. Avoid aspirin for the first week after surgery.
- Call the physician if:
 - Temperature above 101 F
 - Any bleeding that is persistent or more than a teaspoon of blood from the mouth or nose.
 - Severe neck pain that does not improve with ibuprofen (Advil/Motrin).

1111 Raintree Circle Suite 280 Allen, TX 75013

5220 W University Dr. Professional Bldg. 2 Suite 150 McKinney, TX 75071

4001 W 15th St. Suite 225 Plano, TX 75093

11700 Teel Pkwy. Suite 201 Frisco, TX 75033

1790 King Arthur Blvd Suite 120 Carrollton, TX 75010

1060 S Preston Rd Suite 106 Celina, TX 75009

P: 972-984-1050

www.enttx.com