



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).

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